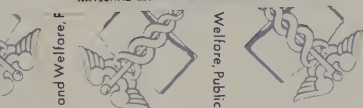


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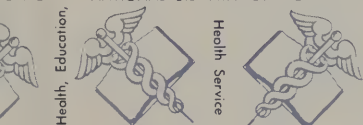


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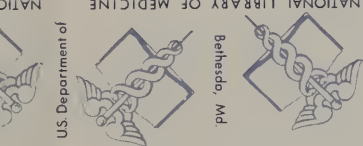
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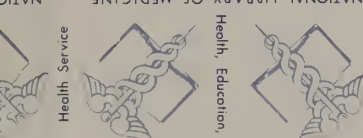
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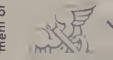
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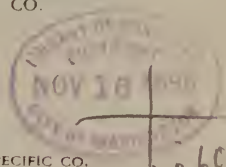
THE
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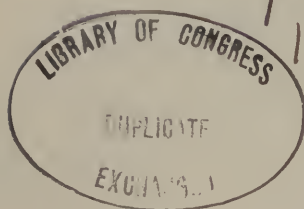
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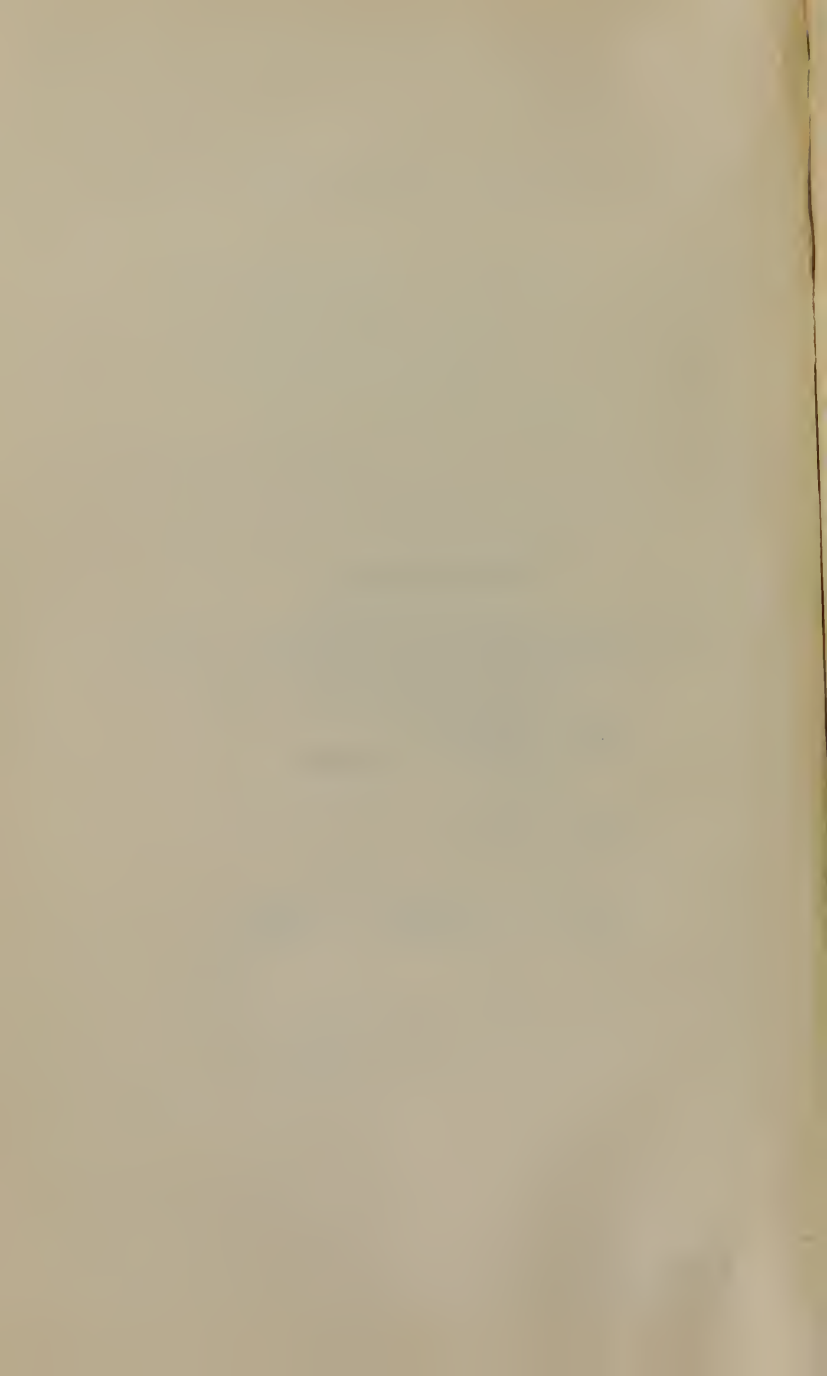
AS THE CONDITION OF THIS VOLUME
WOULD NOT PERMIT SEWING, IT WAS
TREATED WITH A STRONG, DURABLE
ADHESIVE ESPECIALLY APPLIED TO
ASSURE HARD WEAR AND USE.

TO THE

Mothers in America,

THE TENDER CARE TAKERS WHO WATCH OVER US ALL, AND
WHOSE GENTLE MINISTRATIONS MAKE OF EARTH A
DWELLING FIT FOR MEN,

This Volume is Dedicated.



PREFACE.

THIS book is written and published without any intention of making money therefrom or selling the same. It is our intention to give these books away to all persons who feel interested enough in the general subject of Home Treatment and Home Remedies to call for the same.

The labor of compiling the book has been very great, as can be seen by anyone who will take the pains to look it all through.

The general arrangement of the book is alphabetical, the diseases being called by their common names. When desiring to look up the treatment of any disease look for the common name of the disease in the order in which it occurs in the book, and you will find the proper treatment.

The general instructions are based on certain well-known symptoms. It often occurs that even skilled physicians are in doubt when examining a patient what the disease actually is. From this it is clear that a person may often make a mistake, even in attempting to discover the cause of their own symptoms. Often a mistake may be made as to the disease from which one is suffering. Again, people are oftentimes afflicted with a combination of diseases.

We are now treating one case in which there is a complication of cancer, rheumatism, eczema and blood poisoning. This patient is suffering all over, his system being diseased. All of these symptoms are results of the same combination of causes, and yet it would be impossible for this patient to determine his own symptoms as they vary from time to time.

Fevers of various kinds all show symptoms of a similar nature. Various diseases of the throat are often mistaken for each other. Canker sore throat is often mistaken for diphtheria,

and in some forms a microscopic examination is necessary to detect the difference. In cases of this kind or of any other serious nature we always recommend that a physician be called as soon as symptoms of the disease make their appearance, as it is most important that the cause of the symptoms should be determined as quickly and certainly as possible.

All the more simple maladies, including aches and pains of all kinds, such as people are constantly suffering from, can be as well treated by the people affected as by the most skillful physician.

In giving instructions for the use of Ypsilanti Specific and our remedies, of which the Specific forms the base, we enjoy many advantages; among these, the greatest is probably the fact that Ypsilanti Specific is not only harmless to the human system in any quantities whatever, but most beneficial to all, whether sick or well, if taken in proper quantities and at proper times. More than that, being harmless, there is no danger resulting from an overdose or anything of that nature. Again, it destroys all poisons; it is an antidote for poison of any kind. It will cure the bite of a mad dog if properly applied and at once before the entire system is poisoned. The instructions for the application of the Specific as an antidote will be found under the head of "Poisoning" and under the separate heading such as "Snake-bite, Ivy poisoning," etc.

In addition to the Specific itself, which is a natural mineral water just as it comes from the well, we prepare three special remedies. Of these Ypsilanti Kidney cure is the chief. It is made by perfectly natural methods, and from nature's own remedies. It consists of herbs steeped in Ypsilanti Specific instead of alcohol.

In the preparation of all extracts and tinctures formed, the universal custom is to use alcohol. Ypsilanti Specific alone among mineral waters contains the remarkable property of extracting virtues from herbs and preserving the same. The

medicine will keep under any condition, and for any length of time. It is not unpleasant to take, but on the contrary most people find it very pleasant. Of a red wine color and great brilliancy, it is distinctive among all medicines, not only the most valuable remedy in all kidney troubles such as Bright's Disease, Diabetes, etc., but a remarkable tonic and blood purifier. We believe it to be the best spring medicine ever placed upon the market.

The second preparation is Ypsilanti Lotion as a hair restorer and wash for the scalp, and the face after shaving. It is made in much the same manner as Ypsilanti Kidney Cure, the water being the vital principle, certain medicinal properties being added and the whole being perfumed.

The third preparation is Ypsilanti Specific Injection. This remedy is prepared for use in all troubles of the urinary organs, both in men and women. It is furnished with a complete outfit for use, and will be found prescribed under various headings for the diseases of the organs mentioned. Women will find this injection of vast benefit in all common forms of female troubles. We have cured very severe cases of Falling of the Womb by use of this remedy, as its tendency is to strengthen the muscles and restore all affected parts to their normal condition.

We have endeavored in the preparation of this work to give plain instructions and to use plain language, that all who read may understand.

THE YPSILANTI SPECIFIC CO.

INTRODUCTION.

THERE is a deep and well founded prejudice among our people against any preparation or nostrum advertised as a cure-all, a panacea for all ills of human flesh, etc.

Such so-called medicines are usually worthless or nearly so, and depend for support on enormous profits and new victims. No one ever uses them a second time.

We say this much at the outset, that no one may suppose us ignorant on the subject, for our greatest fear is that those people who read our literature and have never used Ypsilanti Specific or one of our special remedies will think our claims beyond belief, and reject our statements as belonging to the class of exaggerations (to use a mild term) to which we refer above.

Let us reason together for a moment.

The human body is made up of an almost infinite number of minute living atoms. Each atom is attracted to and held by its neighbors by atomic cohesion. Each atom feeds or absorbs food, each casts off or excretes waste matter.

The blood in the human body is constantly moving, kept in motion by the automatic beating or pumping of the heart. It flows out from the heart through arteries and back to the heart through veins.

The blood in the human body is constantly moving, kept in motion by the automatic beating or pumping of the heart. It flows out from the heart through arteries and back to the heart through veins.

We might liken this flowing of blood through the arteries and veins to the feed trough and sewer in a great stable; the simile is a coarse but forcible one.

The arteries are the feed troughs, dividing and sub-dividing until they reach every living atom, every animal in the stable. These atoms, like the animals, eat of the food flowing through the troughs before them. The cast off matter, as well as the dead atoms themselves (for atoms, like animals, will die and new ones come to take their places,) are carried away by the veins, which in our homely simile we liken to a vast sewer, with its branches, draining and keeping clean the mammoth stable.

We will carry the simile further, and suppose that the vast sewer from our great stable, a river of impure water, flows through enormous filters, which purify it and take out all the waste matter it has brought from the stables. It flows on again a pure clear stream, and by a great pump could be taken back again to the entrance of the stable and used to convey new food to the waiting mouths.

That is exactly what occurs to the blood from the body—from the mass of living atoms—laden with impurities it flows to a system of filters to be relieved of its impurities.

Now in the case of our great sewer, if the filters become clogged, if they are not cleaned properly, if their accumulations are not removed, they will soon cease to perform their duties properly. The water will no longer flow from them pure, clear and wholesome, but will become foul and tainted with elements causing disease. These disease-causing impurities brought back by the pump to mingle with the fresh food, bring an epidemic of death to the poor animals before whom it flows, and who must partake of it or die of starvation.

Exactly so is it in the human body. If the sewers and filters become clogged and do not perform their functions properly as cleansing agents, the blood no longer flows from them a pure stream to bear wholesome food to the hungry atoms, but it becomes tainted with poisonous gases and disease-causing impurities, and the result is an epidemic of death among the

helpless atoms. This we call disease. We have many names for it. We say we are "wasting away," we have a "fever," we have "consumption," we have a "cancer," we suffer with an "ulcer," we have "rheumatism" or "gout." We decay and die, and never even think of the destruction going on in some one or more of those great colonies of atoms that make up our wonderful bodies.

It is generally a case of the survival of the strongest among the many elements of disease science now knows as "microbes, bacteria," etc. The Comma Bacillus produces cholera. The Bacillus Tuberculosis produces consumption, and so it goes.

It all means that some filter or sewer is stopped. Nature hangs out a sign of danger, and we, poor, ignorant mortals, in our blind rage and prejudice, attack the *sign* and often destroy it, leaving the *danger* untouched to perform its deadly work.

What are these filters and sewers that are so important?

We are "talking facts" now and are going to use plain English that all who read may understand. We are sensible of a responsibility in this matter, a responsibility for life or death.

The sewers of the body are the lower intestines or bowels, the urinary organs, and the surface of the body itself.

The respiratory organs, consisting of the bronchial tubes, trachea, or wind pipe, and the nasal passages, are like the escape pipe that allows the bad gases to escape, rather than like a sewer.

The filters are the liver, kidneys and epidermis or skin.

The lungs are more like a boiler or furnace, that purifies by heat, than like a filter.

The waste matter from the vast colony or city of living atoms called the body, can escape in only four ways: Through the bowels in the form of their excrement, through the kidneys in the form of the urine, through the skin in the form of perspiration, and through the mouth and nose in the form of the exhaled breath.

If all of these sewers are open, if all the filters are working properly, if the furnace, the lungs, performs its functions properly and the food and drink are wholesome, there *can be no disease*. Such a thing as disease under such conditions is an absolute impossibility. This is not our statement merely, but a scientific fact.

In speaking of the ways in which impurities escape the body, we omitted purposely one most important one because it is not applicable to all.

That is the Menses in woman. This is a subject of vast importance and we only mention it here to avoid criticism to which its omission might justly subject us.

If the statements above are true, and no one will be found bold enough or foolish enough to dispute their truth, it is easy to see that it is of the *highest importance* that the filters be kept clean and the sewers open. That means health. The opposite means disease.

That is just what Ypsilanti Specific does—it scours and cleans the filters and keeps the sewers open. That is why Ypsilanti Specific keeps the body well, or if ill, makes it well;—no, not exactly that; we will say enables nature to make the body well, for with the obstacles to health removed, nature will restore her own.

Ypsilanti Specific has one more most important quality, unknown in any other product of nature. In this quality it is so unique as to stand alone among all mineral waters and medicines.

Ypsilanti Specific Destroys Poisons.

That is a *fact*, not a theory. It absolutely destroys all poisons, whether their nature and origin be animal, vegetable or mineral. It kills all bacteria, all microbes, all animalcules, all germs of disease of every kind or nature. To these two properties, its power to open the sewers and clean the filters in the body, and its power to destroy poisons, are due all its most

remarkable uses as a medicine. The most certain, the most pleasant, the most wholesome, the most harmless medicine God in his mercy and love has ever given to mankind.

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CHAPTER I.

ACCIDENTS.

The most important thing in most accidents is to know what to do and how to do it.

It is an old saying that it is the unexpected that always happens. Accidents are never expected, at least by the victim of them, yet they are always happening and too often with painful if not fatal results. In case of accident resulting in injury, quickness of action and some knowledge are two most essential things. If a limb is severed do not start for a distant doctor, but go to work and stop the bleeding. Then get the doctor.

If poison is swallowed in fatal quantity do not leave the patient to die while summoning a physician, but give the best obtainable antidote. Then get the doctor.

If limbs or ribs or other bones are broken, make the sufferer easy before you do anything else.

Above all things keep a clear head and cool nerves until *you* have done all *you* can to relieve distress, then faint away if you want to. That is how to save lives.

ACCIDENTS ON THE WATER.

If thrown into the water and not able to swim *draw in* the breath, turn on the back, keep the arms and legs down. You will float with the face out of water and can breathe often enough to sustain life a long time. This gives help a chance to reach you.

If you are on a boat and any one falls off, look for the nearest thing that will float and throw it to the one in

the water. A wooden chair, board, oar, or boat seat, if a life preserver is not at hand.

HOW TO USE A BOARD FLOAT.

If in the water you can get hold of anything that floats and yet is too small to sustain any considerable part of your weight, seize it with both hands, hold it firmly in front of and near to your chest. That will help keep the head out of water.

See that your children learn to swim. It is the duty of every parent who can get a child to a swimming tank, pool, river or other body of water, to have that child, either boy or girl, learn to swim before ten years old. A child learns easily at any time from eight to ten years of age and never forgets how to swim.

DROWNING.

It is not known how long a body can remain in the water before the heart ceases to beat. There have been cases of resuscitation after the body has been submerged from fifteen to twenty minutes, and sometimes an hour of hard work is required to restore animation.

Directions.—Except in extreme cold weather do not remove the body from the place of rescue, but proceed at once as follows: First place a bundle, log, keg, or anything within reach not sharp cornered, under the pit of the stomach and short ribs. This will cause the head to hang down and lets the water flow out. Press on the back to aid in expelling the water from the lungs. If no object is at hand to put under the chest, stand astride the body, lock your fingers under the short ribs and lift the body clear of the ground, or deck, if on a boat.

As soon as the water is out, roll the body on its back with something still under it, about at the waist, then press on the ribs with all your strength, suddenly let go, then press again, let go, and so keep pressing and relax-

ing about fifteen to twenty times a minute. If smelling salts, camphor or ammonia can be had, apply it to the nostrils. Have assistance, if possible, all the time, and rub the arms, hands, limbs and feet with rough cloths. A pair of cotton socks are excellent for this purpose. This treatment may be kept up an hour or more before there is certainty that life can not be saved.

In case of recovery give warm milk, and if it can be had some whiskey or brandy. A wine glass about half full or two tablespoonsfuls with hot milk or water if it can be had. Wrap the body as warmly as possible and let the rescued one sleep.

OTHER ACCIDENTS.

Bruises.—In case of stone bruise or other severe bruises, and in case of any bruise about the eye that might cause a discoloration, bathe the bruise freely for about ten minutes with Ypsilanti Specific. This will ease all pain and stop the swelling. Bind on a compress of white flannel wet with the Specific and leave it on over night. No further or other treatment is necessary.

BURNS.

In all cases, however severe, of external or surface burns apply Ypsilanti Specific at once. It is better than oil or anything else ever known for this purpose. If the burn is on the hand immerse the hand in the Specific in a basin or dish. In five to twenty minutes, according to the severity of the burn, it will stop all pain. Then bind the affected part in a compress of flannel wet in the Specific. In case of burns on the head, body or limbs, wet a soft woolen cloth as wet as it will hold and lay it on the burn. Do not wring it out but apply it thoroughly saturated, press it against the burn and leave it until the pain is gone. Make a compress as usual and apply to the burned surface. A glass of the Specific taken inter-

nally will quiet the nerves and aid in inducing sleep. Leave the first compress on for about six to eight hours or until the patient wakes, then if burn is severe renew it.

Ypsilanti Specific is a most wonderful remedy for burns. It leaves no sore or blister but cures completely.

If you have no Specific in the house apply sweet oil or unsalted butter, and if these are not at hand put on lard.

In case of internal burning let the patient snuff the Specific freely into the nostrils and drink it in small quantities, a teaspoonful at a time, until the pain ceases. Sleep will generally follow and should be encouraged.

Scalds should be treated the same as burns, with the Specific, but if none of this is at hand apply a lotion made of lard or unsalted butter and finely powdered carbonate of lime or calcined magnesia on cotton. In severe cases always procure the Specific; it has no equal for such uses.

BITES AND STINGS.

Dog Bite-Rabies. — There are few cases of true rabies or mad dogs, so-called, but most bites of animals are poisonous, more to some people than to others.

Ypsilanti Specific is a speedy and certain cure in all cases.

Drink freely as much as can be taken into the stomach, bind a saturated flannel on the wound and renew it every two hours for half a day, then every eight hours for a couple of days to thoroughly draw out the poison.

Drink a tumbler full of the Specific every four to six hours, except when sleeping. Do not disturb sleep except in case it is accompanied by coma or irregular breathing and fever, in which case give the Specific every two hours. No other remedy will be found so sure and speedy in its effect.

Bites of other animals should be treated in the same manner as dog bites.

Snake Bites.— If possible immerse the bitten member in the Specific and drink a quart or more in as brief a time as possible. If the bite is elsewhere on the body than on the hand or foot, fill a small cup or glass with Ypsilanti Specific and apply it to the bite, press it firmly against the spot and hold in place for twenty to thirty minutes. This will draw out the poison not already in the blood.

Bind on a compress and continue to drink the Specific as directed in case of dog bites.

Bites and Stings of Insects.— Bathe for a few moments with Ypsilanti Specific. If the bite is poisonous as in case of spiders and some flies and bugs, put on the regular compress and drink a quart or so in about four glasses, fifteen minutes apart.

CUTS.

For small cuts bind the cut with a strip of flannel wetting one end in Ypsilanti Specific. Leave on until cut heals.

For severe cuts draw the edges of the cut together and take a stitch or two with white silk thread. Bind on a compress.

Severed Arteries.— Take up the end of the artery from which the red blood is spouting or spurting in jets, tie with silk thread, sew up the cut and proceed to put on the compress of Ypsilanti Specific. In all severe cases it is best to call a surgeon to take up the arteries and sew up the wound.

Severed Limbs.— In case of a severed limb the first thing to do is to stop the bleeding.

The best thing for this purpose is a piece of rubber elastic, stretched and wrapped around and around the stump of the limb. If that is not to be had, make a tourniquet as follows:

Take a handkerchief, fold one corner on to the opposite and roll up toward the middle, tie the ends of the roll together, place around the stump and insert a strong stick, twist up until bleeding stops. Take a flannel cloth and saturate it in Ypsilanti Specific and bind over the stump while sending post haste for a surgeon. The Specific will keep down all inflammation and ease the pain.

FRACTURES.

Broken bones should always be attended to by a skilled surgeon, as badly set bones cause short, long or crooked limbs, and sometimes lead to other disorders.

After the bone is properly set and the splints are ready, cut strips of white flannel, moisten these in Ypsilanti Specific and wrap around the fracture, then apply the splints and wrap all in dry flannel or cotton cloth. When this treatment is followed casts will be unnecessary. There will be little or no pain or inflammation.

In all cases of fracture apply Ypsilanti Specific at once to reduce pain and inflammation until bone can be set.

If there is fever give Ypsilanti Specific in usual dose: one gill four to six times per day to reduce fever.

It is best to give the Specific internally in all cases of fracture, as it is a nerve sedative and febrifuge.

SPRAINS.

Bandage the sprain in a flannel compress with Ypsilanti Specific. Renew the bandage three times daily for a couple of days. If sprain is severe continue three to five days. Drink three glasses per day to keep bowels open and to prevent fever. No other treatment necessary in most cases.

WOUNDS.

In case of gunshot wounds or stabs special treatment is necessary if arteries are severed or any foreign substance remains in the flesh. The wound should be carefully cleaned, washed with Ypsilanti Specific and compress applied.

RUSTY NAILS, TACKS, PINS, ETC.

Wounds with these are dangerous because of the danger of blood poisoning and tetanus or lockjaw.

After removing the nail, tack, pin, splinter or other object from the flesh, wash the wound thoroughly with Ypsilanti Specific. Put on the flannel compress and drink freely of the Specific for a day or two, or until all unfavorable symptoms are over.

DISLOCATION.

Reduce the dislocation by forcing the head of the bone back into its socket, bathe with Ypsilanti Specific, bind compress on joint and drink freely for a day or two.

POISON AND POISONING.

Poisons are ordinarily divided into three classes: mineral, vegetable and animal. It is not necessary to treat of them singly except to give the ordinary antidotes when Ypsilanti Specific is not at hand. This mineral water has the wonderful power of destroying all known poisons. We have had careful experiments made with arsenic, strychnine, morphine and all the well known acid poisons, and have found the Specific an antidote for all. We can not explain this and make no pretense of doing so, but recommend in all cases of poisoning by swallowing some poisonous substance, to give at least a quart as fast as it can be taken and keep

giving until the stomach will hold no more. Keep giving the water as fast as any can be taken until relief comes and sleep ensues. It is both an antidote and a cure.

The more common poisons with their antidotes are as follows :

Acids. — Poisoning by the acids, such as Nitric Acid, Muriatic Acid, Sulphuric Acid, Oxalic Acid, etc., often occurs by mistake, as it is usual to have these things about the house.

Give Ypsilanti Specific lukewarm and induce vomiting by tickling the throat with some suitable instrument like a small brush or feather, or even a broom straw.

Do not lose a moment but give a glass of the Specific at any temperature it is found to be, then warm a portion and give two or three glasses warm. After the vomiting give Ypsilanti Specific cool, to soothe the inflammation.

If Ypsilanti Specific can not be had, give magnesia or lime in water — all the patient can take.

Aconite. — Give Ypsilanti Specific warm until vomiting ensues, then give a glass of it cold and a second glass in fifteen minutes.

If no Ypsilanti Specific can be had, give an emetic of mustard or sulphate zinc, or use a stomach pump. Then give whiskey or brandy.

Acetate of Lead. — Same as Aconite, except that the emetic should be followed by Epsom or Glauber Salts if the Specific can not be had.

Acetate of Copper, or Verdigris. — Give Ypsilanti Specific as above. If none can be had give an emetic and follow this with whites of eggs in milk or water.

Ammonia, or Hartshorn. — Give vinegar instantly if Ypsilanti Specific can not be had. If neither Specific or vinegar is at hand, give lemon juice.

Antimony, or Tartar Emetic. — Give Ypsilanti Specific as above. If it cannot be had give tea boiled thoroughly or a solution of tannin with laudanum in doses of twenty drops at a time. Or give a tea of flaxseed with the tannin.

Arsenic. — Treat with Ypsilanti Specific as follows: Heat from one to two quarts of the Specific until blood warm, give this until vomiting ensues or the patient has drank all that can be swallowed. It is best to induce vomiting, and for this purpose a tablespoonful of strong ground mustard in a teacup full of warm water is recommended. Follow this, after vomiting ceases, with copious draughts of cool Ypsilanti Specific.

Another treatment highly recommended is to give hydrated sesquioxide of iron in tablespoonful doses in water every ten minutes until six doses are given. Treat the inflammation following with white of eggs or gum arabic dissolved in water. Sweet milk is very good with either the eggs or gum.

Corrosive Sublimite. — Treat with Ypsilanti Specific same as other poisons. If there is none to be had use whites of eggs in water or milk. Give the patient all that can be taken.

Dogwood, Ivy, Nettle, Etc. — Use Ypsilanti Specific both internally and externally as a bath and compress. Bathe the affected parts freely in the Specific and apply a compress with white flannel wet in the Specific in the usual way. Drink a tumblerful once an hour for three or four hours, then twice a day in severe cases until all signs of poisoning are gone. These poisons affect some people much more than others, and the treatment must be varied accordingly.

Narcotics, Belladonna, Laudanum, Morphine, Opium, Tobacco, Etc. — Keep the patient awake and if possible get him or her into the open air.

It is always best to induce vomiting if possible by giving the Specific warm and tickling the throat. Keep the patient moving until three to five glasses of the Specific have been taken or vomiting followed by from two to three glasses, then sleep will often come safely. Watch for indications of irregular heart action and breathing during any sleep following narcotic poison, and if such should be seen, awake the patient and continue the treatment. If the Specific can not be had use some emetic, induce vomiting and follow this with strong coffee and keep the patient awake and in the open air until the symptoms are gone.

Strychnine. — Proceed as in other cases to induce vomiting as quickly as possible, or fill the stomach with Ypsilanti Specific warm. Sweet milk may also be given after the emetic has operated. In this as in all violent poisons haste is everything, lose no time.

CHAPTER II.

DISEASES OF ADULTS.

In this chapter we shall only try to give a few simple hints for home treatment of the sick. It is not intended to be an elaborate treatise on nursing; but rather a guide to the use of Ypsilanti Specific—the most marvelous water ever discovered.

We believe this water can not be too freely used in the sick-room and in the home. Its use will save many a dollar in doctors' bills and medicine bills, and is daily saving lives that would otherwise go to swell the death lists from the so-called incurable diseases.

It possesses wonderful power over pain and disease, and yet is itself perfectly harmless. No one can take enough of it into the system to do any harm. It makes unnecessary the keeping in the house of deadly drugs so often taken by mistake and with fatal results, and is itself an antidote for all poisons. It is better than witch-hazel for outward application; better than mustard in most cases where blisters have been used; better than plasters in cases where such have been applied. It works directly upon four of the great organs of the body, the stomach, liver, kidneys and skin, or epidermis. It is the most wonderful blood purifier ever discovered because it does work on these organs. Mildly, but certainly it does its work without causing any pain, weakness or evil results of any kind.

The more it is used and the better it is understood the greater becomes the faith of its friends, whose numbers are rapidly increasing.

General Directions and Hints for Use of Ypsilanti Specific.

The action of Ypsilanti Specific is so certain, so invariable and so powerful and seems to be so little influenced by the individual constitution, that is to say it affects all so nearly in the same manner, that there will seem to be a sort of sameness in the treatment of various troubles with it. It must be borne in mind that the CAUSES of disease are few and simple, and Ypsilanti Specific acts upon those causes, not upon the SYMPTOMS of disease which are many and often complex.

For instance, disordered kidneys may cause rheumatism or rheumatic gout, dropsy, eczema, gravel, and other SYMPTOMS in the same person.

The CAUSE of all is disordered kidneys. Ypsilanti Specific sets the kidneys right, excites them to healthy action and restores them to normal vigor. Nature does the rest. That is to say Nature carries away the acids, lime and other poisonous and foreign matters that cause the various symptoms of disease.

The old way was to doctor the symptoms. For the eczema salves and powders; for the gravel the surgeon's knife and instruments; for the rheumatism lotions of various kinds, and opium or morphine to deaden the pain. And all the time the CAUSE went on working the ruin of the anguished body; suffering often almost as much from the treatment given as from the disease.

The new way is to doctor the cause and remove it. Then the symptoms all disappear.

Often it will be seen that the SYMPTOMS grow worse when the Specific is first used. That is because the medicine is aiding Nature to throw off the symptoms. It is a good sign, not a bad one.

It is useless to take most medicines with the Specific.

It destroys all poisons, and all medicines of a poisonous nature, as most drugs are, only take the strength from the Specific which would otherwise be expended on the cause of the disease.

There are many herbs that can be used with the Specific to advantage. It is of such that the Ypsilanti Kidney Cure is made. But such drugs as opium, morphine, aconite, arsenic, etc., and the acids only retard the action of the Specific which in turn destroys the effect of any of those drugs when the two are used together.

Ypsilanti Specific destroys poisons. It overcomes almost all forms of pain and suffering. It cures all sores and acts upon the bowels, kidneys and liver in a most salutary manner. Its action is always mild. It cannot injure the most delicate system unless used to excess and persistently, which is almost out of the question. It is not necessary to diet while using it, any more than is always necessary for health. The appetite if normal is the best guide as to what to eat. Tonics such as wine, malt extracts, etc., may be taken with it during convalescence with excellent results.

In fact it will be found that for most diseases and in all ordinary requirements of the "household medicine chest" Ypsilanti Specific is Nature's own true remedy.

We make no claims for which we have not a true foundation in the cures it has performed. It will not restore the dead to life, nor does it perform miracles as some have claimed. It does cure diseases for which the medical profession knows no remedy, and by so simple a method as the removal of the cause.

For convenience this work is divided into chapters and each chapter is arranged in alphabetical order, by common names of diseases or subjects. This makes an elaborate index unnecessary. The chapters are: First, Accidents; Second, Diseases of Adults; Third, Diseases of Children; Fourth, Private Diseases of Men and

Women; Fifth, Domestic Hygiene and the Care of the Body.

Scientific names and terms are avoided as far as possible, and plain, simple language used. We only hope the good the work will do shall justify the trouble and expense of it, and that our friends will aid us in spreading the good news by telling their friends and neighbors about Nature's Cure. We give treatment with Ypsilanti Specific for most disorders, and in many cases we also give hints for other treatment, and in some instances the ordinary Homeopathic remedies are also indicated.

As this is not intended to be an elaborate medical work we only indicate the remedies, as the space at our disposal does not permit an indication how to use the remedies indicated. Most Homeopathic remedies are now sold by druggists with proper directions for their use, and in the absence of a physician such directions may be followed.

Abscess. — INDICATIONS. Throbbing of the arteries near the part affected, general redness and swelling of the surface, followed by the formation of a head or point. An abscess is a gathering of pus beneath the surface, and sometimes they lie very deep and near the bone, sometimes they occur through an injury to the bone.

TREATMENT. Use a compress of Ypsilanti Specific over the part affected, bathe the part of the body near the location of the gathering at least twice a day with the Specific warm. Drink three to five tumblerfuls per day. If the gathering does not disappear but "heads," or shows a head or point, have it carefully lanced, after which continue the treatment.

ANOTHER TREATMENT without Ypsilanti Specific. After the head is fully formed lance it carefully and let out the pus, follow this with poultices until the swelling and inflammation are

gone, then apply bandages. Diet carefully and give some strengthening tonic.

HOMEOPATHIC. Treat with *Calcarea* if any scrofulous symptoms. If in arms or hands use *Pulsatilla* and *Nux*. If on face use *Bryonia* and *Calcarea*. If in bone use *Silecia*. Lance as soon as "ripe" and wash with *Calendula* Tincture. Diet carefully; avoid alcoholic drinks.

Ague—Fever and Ague.—SYMPTOMS. The first symptom is a sense of coldness with extreme langour, paleness, skin covered with "goose flesh," shaking and chattering of the teeth. These symptoms pass by and a hot stage comes on; this stage is marked by high fever, and is usually followed by a sweating period which ends the attack. These periods follow one another at longer or shorter but generally regular intervals, and may occur every day, every other day, or every third day. The cause is malarial poison from low, swampy, or new land.

TREATMENT. *Ypsilanti Specific* destroys the poison and is the best known remedy. Drink it freely, three to five glasses per day. Use no other medicine while using the *Specific*.

ANOTHER TREATMENT. Give a physic. Then in the cold stage give hot drinks and hot foot baths. In the hot stage give cooling drinks, with quinine in six grain doses every half hour, and in the intermission between the attacks quinine in three grain doses every three hours. Continue for about two weeks after the attacks cease.

Apoplexy.—A dangerous and often fatal disease caused by a rush of blood to the head, causing a bursting or rupture or some one or more of the blood vessels of the brain. Sometimes one side only is affected, sometimes both. Sometimes death is almost immediate, and again there is a complete recovery.

SYMPTOMS. A sense of fulness and pressure, with severe headache, and sometimes nose bleed, sometimes the eyes are affected and the sight becomes imperfect. The symptoms mentioned should be carefully heeded, and complete quiet should be secured as quickly as possible. Avoid the sun, eat sparingly, and if of very full habit it is best to bleed the patient slightly.

TREATMENT. Apply Ypsilanti Specific to the head by means of a cool compress with white flannel. Give a tumblerful and repeat in an hour, to move the bowels; continue to give three to five glasses per day, according to age and strength of patient. Continue the compress until the pain is gone and all feeling of fulness in the blood vessels of the head and neck have ceased; then take off the compress, bathe the neck and head twice or three times daily with the Specific for a few days, and continue to give the Specific internally until the recovery is complete.

ANOTHER TREATMENT. Apply cold water or ice to the head and neck and mustard draughts to the soles of the feet. Give two drops of croton oil in sugar, and administer a purgative injection until the bowels are thoroughly moved; follow with restorative tonics.

HOMEOPATHIC TREATMENT. For first symptoms, Aconite; if dull headache follows, Belladonna; if prostration with vertigo, Nux Vomica. Arnica may also be given both internally and externally.

Asthma. — **SYMPTOMS.** Difficult breathing, a sense of fulness across the chest, with close, tight feeling, as if the lungs were bound with cords. The sufferer generally has to sit or stand during the attacks to avoid suffocation, and there is a great desire for fresh air.

TREATMENT. This disease being an affection of the lungs and air cells, caused by nervous disorder in the nerves governing these organs, may be treated with Ypsilanti Specific. An atomizer is a great aid, and the Specific can be reduced to a fine spray and inhaled; also taken internally to regulate the nerve forces.

ANOTHER TREATMENT. Compound Infusion of Sarsaparilla one pint, Iodide of Potassium one-half ounce; mix, and take a teaspoonful four times per day. With this take Ypsilanti Specific as an inhalant.

Baldness.—If resulting from disease bathe the head twice each day with Ypsilanti Specific. It will generally effect a complete cure. It is at all times an excellent wash both for the skin and scalp. Better still, procure a supply of our Barber's Lotion. This preparation is a combination of certain herbs with Ypsilanti Specific, the infusion being made without the use of alcohol. It is a remarkable hair restorer as well as a perfect wash for the face, especially after shaving.

Barber's Itch.—Treat with Ypsilanti Barber's Lotion, by using as a wash after shaving and in the evening daily. If this preparation is not at hand use Ypsilanti Specific freely. It will cure any case if used freely and persistently as a wash. The only other treatment is to let the beard grow, and wash the beard with a weak solution of oxalic acid.

Biliousness.—Symptoms are a coated tongue and generally headache and yellowish skin and sometimes vomiting of yellowish or greenish fluid.

TREATMENT. On first indications, a large tumblerful of Ypsilanti Specific cool will almost always relieve completely. If symptoms do not wholly disappear repeat the glass of Specific

before each meal during the day, and drink a glass just before retiring.

Bilious Colic.—SYMPTOMS. Pain of a griping and severe nature in the belly, often fluctuating. Sometimes the abdomen is relaxed, again it is extended with much bloating, accompanied with thirst and fever. In this disease the costiveness is always severe and must be removed.

TREATMENT. Drink Ypsilanti Specific freely and frequently, and use an anal injection of the Specific as hot as the hand will bear; inject about a pint. Use a compress across the abdomen covering the entire belly, use white flannel and have the Specific hot for the compress.

The sufferer should continue to drink a glass three times daily for at least a week after the attack is overcome, to remove the cause, and it is better to continue with a glass or two daily for a week or two more.

Bladder, Inflammation of.—See under Inflammation.

Bleeding of the Nose.—This is often a troublesome and sometimes dangerous affliction. The writer has found no remedy so quick and effectual as a small coin, cent, dime, or nickel, placed in the middle of the roof of the mouth and *sucked tight*; this is done by pressing the tongue firmly against the coin and sucking, at the same time removing the tongue. It can be done after a trial or two. I have never seen a case it will not arrest at once.

Boils.—Painful and annoying eruptions of the skin, generally appearing as a local inflammation, red and very tender to the touch. They gradually increase in size to that of an acorn, and if allowed to run their course they form a core, which comes away when "ripe," leaving a cavity which gradually heals. Sometimes and in some systems they are recurrent, then becoming very painful and annoying, though seldom dangerous.

TREATMENT. There is no medicine so good for this trouble as Ypsilanti Specific as it not only relieves the distress but prevents recurrence. Apply a compress of flannel or clean washed wool wet in the Specific. Drink three glasses daily before meals until symptoms disappear. If commenced in time this treatment will often "scatter" the boil and prevent heading. Boils are an indication of impure blood; the Specific corrects the blood and removes the cause.

ANOTHER TREATMENT. Poultice with bread and milk, or flaxseed, and give a tonic of iron, quinine, etc.

HOMEOPATHIC TREATMENT. Poultice as above, give Hepar. Sulph., four globules twice daily.

Bone, Decay of. — See Necrosis.

Bowels, Inflammation of. — See Inflammation.

Bowels, Looseness of. — Chronic Diarrhœa. See Diarrhœa.

Brain Fever. — This is an acute inflammation of the brain and is usually very rapid in running its course and requires rapid treatment.

Symptoms are intense pain in the head, generally all over the head, with tight or drawn feeling over the forehead. Throbbing of temporal arteries, inability to sleep, great aversion to strong light or loud noises, a parched, dry skin, coated tongue, thirst, nausea, and vomiting. These symptoms are sometimes followed by a condition of unconsciousness, with twitching of the muscles, mutterings and groanings and often complete coma or partial paralysis. This disease sometimes develops a fatal stage in twenty-four hours; again it runs two or three weeks.

TREATMENT. Move the bowels by giving Ypsilanti Specific in cathartic quantities. If this does not operate at once use the hot injection, and give croton oil in two drop doses every

twenty minutes for an hour, or until the bowels move. Apply the Specific to the entire head, except the face, as cold as ice will make it, and to the feet apply a hot compress; renew both cold and hot compresses every hour or oftener until the symptoms show a favorable turn.

In Brain Fever this treatment is most important. There is no other so good. In some cases the cold compress on the head may be modified after the first application and applied cool, but it is generally well to have the Specific ice cold for six to ten hours.

Brain Tumors. — See Tumors.

Bright's Disease. — This is a very common ailment among adults, and especially those whose habits are sedentary and who take little regular exercise. Yet there are many cases among laboring men. The nature of the disease was first discovered in 1837 by Dr. Bright, an English physician, from whom the disease is named. It is one of the so-called incurable diseases, and physicians seldom treat it with marked success. We consider the cure of this disease one of the most wonderful manifestations of the power of Ypsilanti Specific, and there are numerous well authenticated cases of cures by the use of the Specific alone. After fourteen years of constant study and trial we have perfected the Ypsilanti Kidney Cure, which has been made especially for the treatment of Bright's disease, but is found to be a wonderful blood purifier and useful in the treatment of many other ills, especially those resulting from disordered kidneys or liver. The Kidney Cure will be frequently referred to in the course of this work, and is explained here because the study of Bright's disease led to its discovery.

The symptoms of Bright's disease are the presence of albumen in the urine and the marked

decrease or absence of urea or uric acid. The albumen, a necessary element to the blood, is secreted and taken away by the kidneys, while the urea, a poisonous element, and one which the kidneys alone can remove, is not secreted but is left in the blood to poison the system. There are frequently casts of albumen and blood in the urine and sometimes a "brick dust" deposit of a reddish or brownish tinge. Often there is severe pain in the back over the kidneys and a desire to make water frequently.

TREATMENT. The only treatment we recommend for this disease is the Ypsilanti Treatment, and we believe this the only known *cure*. Drink Ypsilanti Specific freely, and at least a glass on arising in the morning and on retiring at night.

Take Ypsilanti Kidney Cure three times daily, about fifteen minutes before each meal, two tablespoonfuls at a time. If there is any pain, or the disease is severe, wear a compress wet in the Specific day and night over the kidneys, change the compress every twelve hours and use clean white flannel for the wet cloth each time.

It is not necessary to diet while using this treatment, but alcoholic beverages should not be used, or if used at all in the greatest moderation.

TESTS. To test the urine for albumen, heat to boiling in a test tube over a spirit lamp. If albumen is present there will be a cloudy or white appearance. The specific gravity is generally above the normal, that is lighter in weight than healthy urine.

Patience and perseverance are necessary; keep at the treatment indicated until a cure is effected, for a cure is certain. The worst cases in the last stages have been cured. If there is a craving for the Specific, drink all the appetite calls for.

Nature knows what you need; do not refuse her call.

Bronchitis. — Inflammation of the Bronchial Tubes. SYMPTOMS. Generally chills, followed by fever; a harsh, rasping or croupy cough, watery eyes, hoarseness, difficult breathing, with some inclination to cough up thick ropy mucous. There is often pain in chest and head, and a wheezy sound when breathing in.

TREATMENT. Apply the flannel compress warm over the chest. Cover warmly in woolen blankets. Have the room warm and the air moist. Give Ypsilanti Specific in regular tumblerfuls every four hours, and if the atomizer can be had apply the Specific direct to the lungs three times daily in form of spray. Be very careful not to expose any part of the body to draughts or cold. Mild cases can usually be cured in a single night. Severe cases may require careful treatment for several days.

ANOTHER TREATMENT. For mild cases, hot lemonade on retiring, after bathing the feet in mustard water hot as can be borne. Hot water bag or warm cloths at the feet and plenty of woolen blankets to induce a good sweat. A mild physic should also be taken and the blankets gradually reduced to two after the sweat.

HOMOEOPATHIC TREATMENT. Aconite or bryonia for the fever. Follow with Belladonna and then Phosphorus. Give flaxseed tea for drink and a diet of toast and dropped eggs, or milk toast.

Bunion. — A swelling on the foot generally located at the upper joint of the great toe; often very painful.

TREATMENT. Reduce the inflammation by a compress wet in Ypsilanti Specific. Remove all

pressure by wearing a very loose boot or cutting the side out of an old one and wearing that until the bunion is cured.

Calculus. — Calculus is a small stone or pebble usually found in the bladder or kidneys, but sometimes in the gall bladder. The former are called stone in the bladder. The latter gall stones or bilary calculi. We will take them up in order.

Bilary Calculi or Gall Stones. — These are accretions of bile in the form of stones, varying in size from that of a pin head to that of an acorn. They are formed by a process of accretion or crystalization about a nucleus or center. They often cause great suffering when passing from the gall bladder to the bowels.

TREATMENT. Drink three or four glasses of Ypsilanti Specific daily, and take a dessert-spoonful of sweet oil with or before each glass. Get the best olive oil for this purpose. No other treatment is given as there is none so sure and rapid in producing a cure.

Stone in the Bladder or Urinary Calculus. — These painful and dangerous formations often exist in otherwise healthy persons. They are of several forms and of various chemical constituents. The more common forms are Uric Acid Calculus, Urate of Ammonia Calculus, Phosphate of Lime Calculus and Oxalate of Lime Calculus. These formations are hard and pebble like, or sometimes chalky. They vary in size from mere grains to the size of a walnut or even larger, and are generally found to be formed in layers or rings of the lime or uric acid about a center. The symptoms commonly observed are frequent desire to urinate with dull pain in the urethra; sometimes a sudden stopping of the flow of urine and increased pain in and about the bladder while or after urinating.

It is not necessary to treat separately or at length of these various forms of the Urinary Calculus, as Ypsilanti Specific dissolves all of them. This water contains Lithia in well marked quantity, and other solvent elements and acts quickly and thoroughly. A surgical operation is not necessary, but in severe cases the water can be injected into the bladder through the urethra, and so reach the affected and inflamed parts immediately. When an injection is used it should be blood warm; that is, neither hot nor cold. The usual quantity should be taken for this trouble, that is, three to four glasses daily.

Cancer.—For the first time in the history of man a cure has been found for this terribly frequent and fatal disease. Heretofore the only hope held out to a sufferer with Cancer was the uncertain effect of the surgeon's knife. And the cases are very rare where a cure has ever been effected if the first operation proved unsuccessful. The knife has frequently terminated the trouble at the first application, when used in the early stages of the disease, but the operation is so painful, so dangerous and withal so uncertain, that it has done little to diminish the awful mortality from this disease.

Cancers are of two recognized and well marked species—the Scirrhus and Ulcerous.

Scirrhus Cancer is deep-seated. Generally located in the fleshy tissues of the neck, breast or back.

Ulcerous Cancer is an open flowing sore, giving forth a foetid discharge. It is usually found in the face or breast.

Again, cancers are distinguished as of three forms, Carcenoma, Sarcoma and Epithelioma. The last is usually called Rose Cancer. They are very similar in nature and effect, the micro-

scope being required to distinguish between them.

The medical virtues of the waters of the well from which Ypsilanti Specific is procured, were first discovered through a remarkable cure of cancer in the case of John J. Kimbel, a laborer at the paper mill near which the well was bored. This cure was followed by many others, some of which have been published from time to time, and fourteen years of constant trial have never developed a case that the water could not cure if used faithfully. The record of Ypsilanti Specific in this dread disease is most wonderful, and the treatment used is the same for all the forms of cancer and for the similar growths known as tumors. It is pleasant, easy, painless and simple. One marked feature of the Ypsilanti treatment for these diseases is the entire absence of pain during the treatment. Pain ceases in from one to three days after the treatment is begun and never returns during the treatment.

We would say further, while on this subject generally, that cancer usually appears in adults and generally from the age of thirty to the age of forty-five. It is more frequently found in women than in men, and sometimes results from an injury, from a severe nervous shock, from the use of a pipe or excessive use of tobacco, and from menstrual difficulties during change of life in women. In giving rules for treatment we shall not distinguish between the forms of cancer, but will treat of them according to location, that is external and internal; also open and flowing or scirrhus cancers, and first of open surface cancer.

Open or Flowing Cancer. — TREATMENT. Drink Ypsilanti Specific very freely, at least six glasses

daily after the first week or two. It is well to begin with about three glasses daily. If this quantity of the Specific is too much for the stomach, substitute Ypsilanti Kidney Cure in doses of two tablespoonfuls at a time, four times daily. This is to purify the blood and open the system.

To treat the sore or sores locally proceed as follows: Procure a supply of soft white flannel, and if there is any cavity, a small bulb syringe and some washed wool. Do not use lint, cotton or antiseptic cotton; use wool only. Dress the sore two or three times daily, using clean wool and flannel at each dressing for the wet compress.

To dress the sore use the syringe, and wash it out thoroughly with the Specific, heated to about blood heat, or luke warm. The Specific can be heated by placing a quantity in a porcelain cup or bowl, and placing this in a basin of hot water. Do not use metal for the Specific. Wet enough of the wool in the warm Specific to fill the cavity and pack it loosely. Covering this with a double flannel, wet in the Specific, and the whole with a dry wrapping or jacket of flannel. This dry wrapping need not be changed more than twice a week, when it should be washed and aired, and can be used again.

This wool can be omitted if there is no cavity and the sore can then be washed with a piece of flannel, instead of the syringe.

In using the above treatment, the symptoms, except the pain are liable to be worse for a week or two, and the skin may break out in boils or eruptions. This is right and as it should be. Nature is ejecting the poison from the system. Do not give up, for relief is near and certain.

Scirrhus Cancer or Deep Cancer. — TREATMENT.

This form of the disease should be treated like

the preceding, by drinking the water or taking the Kidney Cure or both; and wearing the flannel compress over the part affected. The only change is that instead of the washing at each dressing, the whole body should be sponged over with Ypsilanti Specific twice a week, and allowed to dry in.

Internal Cancer. — Cancer of the Stomach, Cancer of the Womb, Cancer of the Bowels, etc.

TREATMENT. Drink Ypsilanti Specific as freely as possible, from one quart to one gallon daily, according to the ability of the system to receive it. Bathe the body twice or three times a week with the Specific using sponge or soft cloth, but not a towel, and allow it to dry in. Be very careful about exposing the body to draughts, cold rooms, or in any way that may result in colds, as the Specific opens the system, and especially the pores of the skin. Let the diet be plain and wholesome, avoiding alcohol in all forms; also ices, pastry or rich food of any sort. A plain diet is best in these cases. A cure should be effected in from six weeks to three months.

There is no other treatment for Cancer known to science.

Canker. — This troublesome disorder usually appears about the tongue or lips. It is often called cold sore, and is really a symptom of a disordered stomach. It often assumes a malignant nature being accompanied with inflammation and much soreness and very tender to the touch. So much so that it is sometimes very painful to eat solid food.

TREATMENT. Drink two or three glasses of Ypsilanti Specific per day, for a few days to correct the stomach. Wash the mouth with the Specific, holding a mouthful for a couple of minutes and then spitting it out.

An easy way to remove simple cold sores is by the use of burned alum. Touch the sore with a little of the burned alum on the finger, or the end of a knife blade; let it remain as long as possible and repeat in about an hour. From one to three applications usually are sufficient.

Carbuncle.— This is like a boil in its nature, but much larger and more painful, often causing an inflammation as large as a saucer. Usually it is located on the neck or back.

Treat same as boils, by drinking Ypsilanti Specific to purify the blood, and applying the wet cold compress.

Catarrh.— People in this latitude seem peculiarly liable to this very prevalent and distressing malady. It is usually called Nasal Catarrh, because located generally in the delicate mucous membranes lining the nasal passages. All the mucous membranes are subject to it, and catarrh in the bronchial tubes, stomach, bowels and bladder, are not infrequent.

The writer has obtained great relief from a chronic case of thirty years' standing by the use of Ypsilanti Specific alone, and many people have reported cures and relief by the use of this simple remedy.

TREATMENT. Drink two glasses of Ypsilanti Specific daily; on arising in the morning and before retiring at night.

Use a douche, either in form of spray, or by snuffing the water into the nose. If a spray is desired procure at the druggists a good atomizer of rubber and glass. Use no metal about Ypsilanti Specific. If it is desirable to use by snuffing, procure a small glass, as a whiskey glass or small medicine glass, or a small tea cup of china will do. Fill this with the Specific and apply to each nostril in turn, holding the other and snuffing in

smartly. The liquid will flow out at the mouth and nostrils. Repeat two or three times twice each day. Have the Specific luke warm for the douche. It gives a wonderful relief, and many a night of unbroken sleep.

For Catarrh in the Bronchial Tubes use an inhaler and reduce the Specific to a spray inhaling it twice per day.

In Catarrh of the Stomach, Bowels or Bladder, drink the Specific freely, that is, three to six glasses daily until cured.

Chilblains.—Soreness of the hands or feet following frost bite, often accompanied by redness or blueness of skin, itching and burning, tingling sensation.

TREATMENT. This difficulty can generally be relieved by the wet compress. Use white flannel and wet in Ypsilanti Specific, wrap the afflicted member in the compress over night. Repeat for a few nights if symptoms do not disappear on first application.

Cholera, Asiatic. — This dread disease is usually epidemic in its attacks. SYMPTOMS. Slight diarrhoea, pain in the bowels, with rumbling, pain in the loins and knees, and twitching of the muscles. This stage may last from a few hours to three days, and is followed by the second stage. The symptoms are vomiting and severe diarrhoea, passing of a whitish fluid like rice grains in water. Severe and painful cramping in the legs, also in the belly and bowels. The pulse becomes feeble, the breathing hurried with pain about the heart, great thirst and an entire cessation of the flow of urine. The "rice grains" mentioned are the serum or watery portion of the blood, and the loss of this leads to the third stage, or stage of collapse, from which recovery seldom is possible.

This disease should be treated energetically in

its first stages. A healthy system and pure blood is almost a certain preventative, and those who systematically use the Ypsilanti Specific need have no fear of an attack of this disease.

The "Sun Cholera Mixture" is one of the best and most generally used remedies.

Cholera Morbus. — Begins with severe pains in stomach and bowels, and then severe vomiting and purging until the stomach and bowels are empty. It is usually impossible for the stomach to retain drink, although there is great thirst.

TREATMENT. The homeopathic treatment has been found good in many cases. Four globules of *nux vomica* every fifteen minutes until vomiting ceases, then *arsenicum* or *veratrum album* in four globule doses every half hour.

The Sun Cholera Mixture mentioned above has also been used with good effect.

Colic, Bilious. — This is a dangerous disease, fortunately rare. SYMPTOMS. Severe griping pain in the belly, coming and going. Sometimes the abdomen is drawn in, then again it is swelled out. There is thirst and fever and vomiting of bile. In severe cases the action of the bowels is sometimes reversed and the stools are forced up through the mouth. There is severe costiveness which is one of the causes of the disease, and the liver is torpid.

TREATMENT. Give a tablespoonful of sweet oil in a glass of Ypsilanti Specific every hour. Use a hot injection of the Specific to move the bowels more quickly, and bind a warm bandage of flannel, wet in the Specific, over the entire abdomen. This treatment will usually give relief in a short time.

Colic, Painters'. — A distressing malady prevalent among painters mostly, and caused by poisoning with lead.

The treatment is very simple. Two to four glasses of Ypsilanti Specific daily until cured, generally about ten days to two weeks. Then a glass every day or two to prevent any recurrence of the disease. Every painter should drink a glass of this water every day. It will keep him in excellent condition and free from lead poisoning.

Cold in the Head, Influenza. — In mild cases it is usually well to give a foot bath at night, just before retiring. For this use Ypsilanti Specific hot, or hot water with mustard in it, a tablespoonful of ground mustard to a quart of water. Give a hot lemonade or a generous hot whiskey with lemon and wrap up well in woolen blankets. The sweat that follows will usually reduce the cold. Give a glass of Ypsilanti Specific to move the bowels. In severe cases give a vapor bath, using Ypsilanti Specific instead of plain water, over the alcohol lamp, and give copious draughts of the Specific hot. Let the patient remain in doors in severe cases until the attack is subdued.

To give a vapor bath. Have a small alcohol stove or oil stove and an open pan. Put the stove on the floor with the Specific in the pan, and when it boils set a cane seat chair over it. Let the patient sit on this chair, taking care to protect the clothing, if any is worn, from the flame. Wrap a woolen blanket around the chair, lamp and patient.

Constipation, Costiveness. — A condition of the bowels in which their excrement is retained instead of being passed naturally, and when evacuated the excrement or stool is usually scanty and in the form of hard lumps and its evacuation is generally accompanied by much effort, straining, and sometimes pain. Costiveness is the fruitful cause of disease, leading to

piles or hemorrhoids, and at times to feverish symptoms and headache. There is often a gradual cessation of the desire to evacuate the bowels, and this indicates a dangerous condition. In health the bowels should move freely at least once a day. It is generally best to have this movement at a certain hour in the morning. The habit becomes a fixed one and does much to retain regularity.

TREATMENT. Ypsilanti Specific is one of the best remedies ever discovered for this disorder. A glass in the evening before retiring and another on arising in the morning, persisted in for a reasonable time, will effect a complete cure. In some cases a single glass in the morning is sufficient, and again some stubborn and chronic cases require more than two glasses. There is no pain where this remedy is used. It is mild, safe and pleasant, and dieting is not necessary when this remedy is used.

Another treatment is to use only oatmeal or rye flour bread, using no white bread, rolls or cakes, and confining the diet to vegetables and fruit, at the same time using a syringe and taking an injection of warm water into the bowels every morning.

Medicines should be used very carefully and sparingly. They usually complicate the disease and must be taken in ever increasing quantities.

Consumption.—This disease is so prevalent and its ravages so frightful, especially in the New England States and generally east of the Alleghany Mountains, that it might well form the basis of a separate treatise.

The space that can be given in a work of this nature to such a subject is scarcely sufficient to do it any sort of justice. The victims of consumption are the very flower of our youth.

Young men of brilliant minds and rare promise, and maidens of the brightest intellect and highest beauty seem to be the favored victims of the dread destroyer known as consumption.

The fact that the resorts most favored by sufferers from this disease are but resting places on the path to the grave, that those who can and do procure the best talent in the medical profession and call every resource of nature and science to their aid, perish in the search for relief, would seem to prove that the true remedy for this awful destroyer is yet to be discovered. We are not yet able to speak definitely of the Ypsilanti treatment for this disease as it is yet in the experimental stage. We have found that the bacillus tuberculosis cannot live in Ypsilanti Specific, and if it were possible to immerse the lungs in the Specific for a day, or even a few hours, they would come out with every living microbe destroyed. This is not possible, and the effort is now being made by a series of thorough tests to produce a spray for local application that will aid the internal application to cast off the disease.

Consumption is often hereditary, or it may be the result of constitutional causes in the patient. It is a constitutional disease and there can be no cure without a general restoration of the healthy action of the organs of digestion and assimilation. The blood must be made pure and the nerves steady.

We already know of the great virtues of Ypsilanti Specific as a blood purifier and nerve sedative. Also as an aid to digestion and proper assimilation of food, and we know that it is destructive to the life of the microbe which is constantly forming new colonies in the helpless lungs. We are earnestly desirous of thorough

and careful tests which require time to complete, and when these are completed the results will be given to our friends. Until then we can only say that all the signs are favorable as far as experiments have gone, and we may be able to place a triumph over the dreaded tuberculosis, as a glittering crown on the splendid victories Ypsilanti Specific has already won.

The treatment we are now using with the best results, so far as tried, is to place the patient on a plain, healthy and abundant diet, with plenty of exercise out of doors so far as possible. A daily sponge bath with Specific cool. Two to three glasses daily according to strength and constitution of patient, and twice daily — middle of forenoon and middle of afternoon — about two tablespoonfuls of Rock and Rye made as follows: To one gallon of the best old Rye or Bourbon whiskey procurable we add two pounds of white rock candy melted to a syrup in water. The object of giving this mixture is to add carbon to the blood, it being deficient in consumption.

Three times daily we use the atomizer, the glass mouth piece being used and the breathing in being through the mouth with nostrils closed. The Specific alone is used for the spray. This is the entire treatment now in use and indications all point to a cure in the cases under treatment. The tests were only begun a few days before this was written and cures are not yet possible. The present management is not able to learn of any definite attempts having been made in the past to apply the Ypsilanti Specific treatment to consumption.

Cystitis. — See Inflammation of the Bladder.

Cramps. — Sudden and spasmodic contraction of the muscles — usually of the calf of the leg or thigh

or in the stomach. The latter is most painful of all. The usual treatment is to straighten out the limb in which the cramp occurs and rub the affected muscle briskly. This will usually give relief. In cases of cramp in the stomach or belly always apply a compress quite warm and give a glass of Ypsilanti Specific internally.

Deafness.—This is often one of the symptoms of catarrh or cold in the head, or a result of measles or fever. If so it can usually be relieved or cured completely by the removal of the cause in curing the ailment causing the deafness.

Ypsilanti Specific snuffed up the nostrils and bound over the ears in a woolen compress is an excellent remedy and is recommended in all such cases. If the deafness is from wax in the ears, use a drop syringe and force the Specific into the ear, first warming it blood warm. Let it remain a moment, then let it run out and repeat. This will soften and carry away the wax.

Decay of Bone, Necrosis.—This is often the result of injury to the bones and follows acute inflammation. It is also present in deep ulcers, cancers, lupus and the like diseases.

It is usually treated as a surgical trouble, the bone being laid bare and scraped. This is not necessary. If there is any open sore use the bulb syringe and wash out twice daily with Ypsilanti Specific, applying the compress and giving Ypsilanti Specific freely, at least three glasses daily.

Delirium Tremens.—It is not difficult as a general thing to distinguish this malady. It is also known as Drunkard's Delirium and results from excessive and prolonged use of alcohol followed by a brief abstinence. The ordinary symptoms

are extreme nervousness, profuse sweating, a wild, restless feeling, inability to sleep, and the patient often imagines he is pursued by enemies or vermin or reptiles.

TREATMENT. Cold compress on the head, a hot or warm bath and a glass of Ypsilanti Specific every two to three hours.

Another treatment is to give morphine in one-fourth grain doses, or laudanum in twenty drop doses every two hours until sleep ensues.

Diabetes. — This is another of those so-called incurable diseases before which medical science stands with hands helplessly folded, or gropes blindly with hands outstretched hoping to grasp a chance rescue. In diabetes the kidneys are abnormally active and secrete a vast amount of urine, sometimes as much as three or four gallons in a day of twenty-four hours. The desire to urinate is almost constant and there is present in the urine a quantity of sugar. Thirst is usually another symptom, and a dry parched skin.

The best test is to have the urine examined for sugar and tested by the urinometer if diabetes is suspected. We have several well authenticated cases of cures of diabetes by the use of Ypsilanti Specific, and several cases have occurred where those who have been refused life insurance on account of the presence of the symptoms of this disease have used the Specific for a time and then successfully applied for such insurance. We never heard of a failure to effect a cure when this remedy was faithfully used. The Ypsilanti Kidney Cure is recommended to be used with the Specific in diabetes.

TREATMENT. Drink Ypsilanti Specific. All the system will stand. It is not necessary to diet during this treatment, but it is best to confine

the diet to plain, wholesome food, avoiding all stimulants and confections.

If the Ypsilanti Kidney Cure is used the dose is two tablespoonfuls three times daily about fifteen minutes before meals. In this case use the Specific night and morning.

Wear a compress of flannel wet in the Specific, over the kidneys, changing same twice every twenty-four hours. Better night and morning.

Write us about your case and treatment. We wish to treat diabetes patients personally or by mail and to advise weekly concerning the treatment.

There is no other known remedy.

Diarrhoea. — This is a frequent complaint, particularly in spring and summer. The symptoms are a rumbling noise in the bowels with frequent desire to evacuate, sometimes painful, again without pain. Usually the desire to empty the bowels follows directly after using the seat.

TREATMENT. Drink Ypsilanti Specific in usual quantity three times daily, but after meals instead of before meals. It will cure either the acute or chronic form. In some cases a compress over the bowels and a small wineglassful of blackberry cordial or brandy will be found excellent.

Diphtheria. — This is believed to be an epidemic fever and physicians give few instances of isolated or sporadic cases. Canker sore throat is often mistaken for diphtheria. Diseases of the throat are all dangerous and should be attended to immediately. If genuine diphtheria is discovered the patient should be isolated as thoroughly as possible. The food should be very plain and such as milk and meat broth, gruel and the like.

On the first appearance of soreness or inflammation in the throat, use Ypsilanti Specific as a

gargle. Repeat every hour and give a small tumblerful every two hours. This will generally effect a cure without other treatment. Remember that the Specific is both an antiseptic and febrifuge, the very qualities required in a medicine for diphtheria.

Dropsy. — This is not a disease, but a symptom. The disease exists either in the kidneys or heart, and must be removed to secure a permanent cure and cause the dropsical symptoms to disappear. Ypsilanti Specific in doses of a small tumblerful, or Ypsilanti Kidney Cure in doses of two table-spoonfuls three times daily will give relief and effect a cure in all cases where there are no more serious troubles. Dropsy is often only one symptom of severe stages of serious kidney complaints. When this is the case it must be removed by curing the parent disease.

Dropsy consists of a gathering of watery fluid or serum in the cavity of the belly or in the cells of the body beneath the cuticle or skin and among the muscular fibres. It is easily recognized and needs little description.

Dysentery — Bloody Flux. — This is an acute inflammation of the mucous membrane lining the large intestine, that is the colon and anus. The symptoms are costiveness and some fever, followed by griping pain in the bowels and a constant desire to empty the bowels. The passages are generally scanty and consist largely of blood or mucous. There is great tenesmus, that is involuntary straining to evacuate the bowels. The disease is common in hot, dry climates, and is often caused by unripe fruit, change of water or unwholesome food.

TREATMENT. The best treatment known for this disease is a hot injection of Ypsilanti Specific. Use the family syringe and inject at least

a pint and as much as possible into the anus. Have the Specific as warm as the hand will bear and let the patient retain it as long as possible. Every moment it is retained promotes a cure. After the injection put the patient in bed, give gruel or broth and a small glass of the Specific. Repeat the injection in about eight hours.

This will be found the best treatment ever used for this disease.

Dyspepsia.—As this work is in many ways a total departure from the lines heretofore laid down for medical works of a similar nature—if indeed there have been any of a similar nature—we might as well follow on in the way we have begun. We do not desire or intend to pass any criticisms or cast any slurs upon the medical profession. It is often more the fault of the patient than of the physician that the medicines prescribed do not have the desired effect. Yet we are again bound to remark that for many diseases medical science has done but little and seems to promise no better for the future.

Dyspepsia is one of the penalties men pay for being civilized, and in this case, as in gout, the patient thinks the punishment too great to fit any crime.

There is such a variety of symptoms and they appear so differently in different victims that it is almost useless to try to give a description that will justify any diagnosis a layman could make. Some of the symptoms, such as acidity of the stomach, belching of wind, distress after eating, heartburn, water brash, and either excessive costiveness or diarrhoea are present in most cases.

We know of but one remedy, and that, so far as we have been able to observe is an infallible one. That is Ypsilanti Specific. A small tumbler-

ful with each meal, taken either a few minutes before or a few minutes after the meal. A short trial will soon determine which gives the best results; to take it before or after meals. Generally if there is diarrhoea use after meals; if there is costiveness use it before meals. If you are a "victim" try it and see for yourself.

Earache. — The causes of earache are neuralgia, colds, gatherings in the ear, or decayed teeth. It is an exceedingly painful ailment. It is best in this trouble to use a drop syringe, if at hand and drop or force the Ypsilanti Specific into the ear. After this is done, put on the compress, and give a couple of glasses an hour apart to open the bowels.

If the trouble is from decayed teeth, have them filled or removed. If from neuralgia, it will be treated as part of that trouble, which see. If from ulcers in the ear, continue the compress, and drink the Specific freely to purify the blood and remove the cause.

Eczema. — This is one variety of a class of skin diseases which includes tetter, salt rheum, rose blush, rupia, crusted tetter, etc. The regular treatment for all of this class of diseases is very much the same. Light diet, a physic, and an outward application of sulphur in some form.

It will be seen at a glance by any one familiar with Ypsilanti Specific that it is peculiarly fitted for overcoming all the forms of this class of diseases.

The treatment in all is about the same, so we will give the general directions here and refer to this treatment under the other heads.

TREATMENT. Bathe the affected parts freely, night and morning, with Ypsilanti Specific. Cover such parts of the body as show the symptoms of disease, with compress of white flannel

wet in the Specific. Use two thicknesses wet and two dry to cover the wet flannel and bind it on. Change the wet flannel twice daily, and *always* put on clean wet flannel. Never use the same wet cloth twice without washing.

Drink Ypsilanti Specific at least three times per day, a small tumblerful each time.

This treatment will cure even the worst cases in a very brief time. It has never been known to fail.

Epilepsy — Falling Sickness. — In this disorder, or rather symptom, for it is usually if not always a symptom of some other disorder, the patient suddenly loses consciousness. Sometimes the attack is accompanied by a cry or noise, with foaming at the mouth, biting at the tongue, violent contraction of muscles, and sometimes these are entirely absent and there is merely a fainting more or less complete.

If the cause is known remove it and the fainting symptom will disappear. The cause is often only within knowledge of the patient, hence this advice.

If the cause is a disorder of the stomach, as it frequently is, Ypsilanti Specific twice to three times daily will soon effect a cure,

Erysipelas. — SYMPTOMS. Chills with flashes of heat and fever, pain in the back and legs, a redness of the skin, generally on the face, accompanied by inflammation of the skin.

Treat with the woolen compress wet in the Specific, and by giving the regular quantity, three to four times daily. Let the diet be carefully attended to in this case. Milk, gruel, port wine, and sago are the best articles of diet.

Falling Sickness. — See Epilepsy.

Fainting. — Let the sufferer have fresh air. Do not "crowd around" one who has fainted, but let

those who are near by and know how apply the restoration. Open the collar, sprinkle a little cold water on the face, apply camphor or smelling salts to the nostrils, and rub a little camphor on the forehead.

One subject to fainting spells should tone up the system with Ypsilanti Kidney Cure, taking the usual dose twice daily; this with cool baths will usually cure in a short time.

Felon. — This is a deep ulcer, usually located in the fingers or thumb. It begins with a dull throbbing pain which becomes worse as the inflammation increases. If left to run its course the matter forms a channel to the surface and breaks out, after which there is some relief.

TREATMENT. On the first appearance of the symptoms, or as soon as the pain becomes pronounced enough to determine the nature of the disorder, place the hand in a bowl containing Ypsilanti Specific, quite warm; place the bowl in hot water, and hold the hand there as long as it can be borne comfortably. It would be well to keep the hand in the Specific at least twenty minutes. Then put on the compress; drink the Specific freely, three to five glasses per day, and repeat the hot bath and compress every day, wearing the compress day and night.

This treatment will often scatter a felon on first application, and it is seldom necessary to use the lancet.

Fever — Typhoid or Typhus. — This is the most common of the low fevers in this climate. It is often epidemic and again occurs in isolated cases. A frequent cause is impure drinking water. Another, defective sewage or plumbing.

SYMPTOMS. Pains in head, back and limbs, low spirits, lack of energy and indisposition to work, and loss of appetite. These symptoms are

followed by a chill which precedes the fever. The course of typhoid seems to be divided into periods of seven days each. The first seven days end with the chill, then there is a period of seven days increasing fever, generally considered as the first week, because the symptoms preceding the chill are not sufficiently marked or acute to be determined as typhoid. After this comes a week of low fever with diarrhoea, eruption of the skin, and delirium. The end of the second week brings the crisis, when the patient begins to mend or sink. If the latter, death usually occurs at or about the end of the third week. If the former, the recovery is well on its way by the end of the third week.

As a physician is always to be had in such diseases as this, we will confine ourselves to a few hints as to the care of the patient.

Have the room where the patient lies well ventilated, without exposing the patient to the least draught.

Sponge the body twice daily with Ypsilanti Specific, tepid or slightly warm, patting it dry with a soft towel. If there is costiveness and it does not interfere with the physician's treatment, the Specific may be given internally. If not safe to give internally for reasons stated, it can be used as an injection to move the bowels.

Let the food be prepared as indicated in the last chapter in this book for broth, gruel, etc.

Make the room as cheerful as possible; flowers are pleasing and an aid to cheerfulness.

If there is severe pain in the head bathe it frequently with the Specific, or put on a light woolen compress wet in the Specific, remembering its virtue as a pain destroyer.

If the fever is very low we would strongly

recommend quinine to be taken with the Specific in generous quantities.

Fever and Ague. — See Ague.

Yellow Fever. — Read remarks under Typhoid Fever. We have never had an opportunity to experiment on Yellow Jack with our Specific, hence make no recommendations.

Lung Fever. — See Inflammation of Lungs.

Fistula. — This is the name given to an ulcer at or near the rectum, sometimes opening into the rectum near the anus. It should be treated as other ulcers, by the wet compress and drinking Ypsilanti Specific freely, to open the bowels and purify the blood.

Frost Bite. — The best treatment for frozen or frosted limbs or flesh is to cover the frosted part with snow, and let the temperature of the room melt the snow, thus drawing out the frost gradually. This is the natural method. If snow cannot be had use ice cold water, immersing the frosted member therein and then gradually pouring in warmer water until the frost is drawn out.

After the frost is out bind the frosted member in Ypsilanti Specific, to overcome the pain and restore the skin to its normal condition.

Gall Stones. — See Bilary Calculi.

Gangrene. — A decay of the flesh, usually from some exterior cause, as cuts, amputations, bad sores, inflammation, etc. Apply the compress, after giving a good bath with Ypsilanti Specific, using the jet syringe, or spray syringe; treat twice daily with the bath, and keep on the compress until the decayed matter sloughs off, and the sore heals.

Gastritis. — See Inflammation of the Stomach.

Gout. — This terrible affliction is closely allied to rheumatism. In fact, both are due to a failure on the part of the kidneys to secrete uric acid and

calcium, which in gout assumes a form of chalky deposit about the smaller joints generally in the fingers or toes.

The symptoms are unbearable pains with local inflammation. The disease is constitutional and can only be cured by removing the cause. Ypsilanti Specific is the sovereign remedy. It has cured the worst cases of rheumatic gout, gout and rheumatism, and never failed to cure. That is the most wonderful part of the whole thing. It cures every time.

TREATMENT. Compress of white flannel wet in the Specific and warmed. Wear every night and in severe cases day and night. Drink Ypsilanti Specific freely, three to six glasses daily, until symptoms are all gone. Continue to drink a glass each day for a month longer to insure a complete cure.

Gravel. — See Calculi.

Grippe. — This ailment assumes the form of a severe cold, or bronchitis with severe congestion in the mucous membranes lining the nasal cavity, pain in the lungs and chest, often severe cough, watery eyes, and many symptoms similar to hay fever, to which it seems to be allied. As in hay fever it needs no medicine, except the Ypsilanti Specific and the treatment for both is the same.

TREATMENT. Drink Ypsilanti Specific freely. Put a compress with white flannel on the chest for a night or two, to draw out the inflammation, and use a douche, spray or atomizer, or lacking these, snuff the Specific into the nose. Use the douche three times daily. It is a Specific and the cure does not require a long course of treatment.

Headache. — Under this head we purpose treating the several forms of headache which are not directly the result of some other disease, manifest in

other symptoms, and so treated with the causative complaint.

Headache is usually the result of bad digestion when not caused by catarrh in the head.

The stomach and liver are the organs to which we must look for both cause and relief.

Bilious persons, and especially women of dark complexion, and black hair and eyes, often suffer severely with bilious headache. Women of nervous temperament are more liable than others to sick headache.

The Ypsilanti treatment for all these complaints is simple and certain in its effects, and is the same for all, so that we do not consider it necessary to give other more difficult and less effectual treatments for each.

TREATMENT. Drink a glass of Ypsilanti Specific as soon as the symptoms are noticed, bind a compress over the forehead and temples, using white flannel for this purpose. Lie down and sleep if possible. If sleep does not come in an hour, and the pain is not gone, drink a second glass. This is usually sufficient.

Persons who are subject to sick or bilious headaches may entirely cure them and prevent a recurrence by drinking a small tumblerful of the Specific before or after each meal for two or three weeks and following this with one glass per day, generally at night, for a month longer.

The Ypsilanti Kidney Cure has the same effect in these cases as the Specific, and many prefer it because of the taste and odor of the Specific. If the kidney cure is used the dose is two tablespoonfuls in place of the glass of Specific.

Heartburn. — This is a condition of extreme acidity in the stomach and is often present in dyspepsia. The symptoms are a burning pain in the stomach. Vegetable food in dyspepsia is liable to ferment

and become sour. In those cases vomiting often occurs and the pain called heartburn ensues.

TREATMENT. A single glass of Ypsilanti Specific will regulate it completely.

If this is not at hand give magnesia or lime water or a teaspoonful of soda in half a glass of water. To cure if case is persistent, follow directions in dyspepsia.

Hernia, Rupture. — It is most important in the treatment of rupture to keep the bowels open. The most dangerous of all things in this common trouble is constipation. To keep the bowels open drink a glass of Ypsilanti Specific on retiring at night and another on arising in the morning.

In all cases of rupture procure a suitable truss at once. Carefully put the bowel back in place, apply the truss and do not remove it until the cure is complete. If necessary to remove it do so only when lying down.

In strangulated hernia give Ypsilanti Specific very freely and apply the compress with soft wool wet in the Specific until inflammation is gone, then reduce the rupture carefully and apply the truss.

Hiccough. — A spasmodic expulsion of air from the lungs, generally from acidity of the stomach, and usually more annoying than painful. Cases do occur, however, of this trouble becoming serious and even continuing to a fatal termination.

TREATMENT. Hold the breath and hold up the right arm. Continue as long as it is possible to hold the breath. Another — Startle the patient by a sudden exclamation or noise. Another — Swallow slowly a glass of cold water.

If severe give a teaspoonful of soda in half a glass of water, or give half a glass of Ypsilanti Specific if at hand.

Hip Disease. — This is an acute inflammation of the membrane covering the bone at the hip joint. It sometimes results in ulceration of the joint, and not only causes great pain, but ends in a shortening and stiffening of the limb affected. Symptoms are an inflamed condition, visible on the surface at the hip, darting pains in the leg, extending down to the ankle and felt most severely at the knee.

TREATMENT. The patient must be kept in bed and quiet as possible. Put on the compress at once and change it three times daily, using clean flannel every time, and having the Specific lukewarm. Let the patient drink the Ypsilanti Specific as freely as possible to purify the blood and destroy the poison. By this treatment ulceration can be prevented or cured, if it has reached that stage before treatment is begun.

Hives. — This is usually a symptom of some disorder of the stomach. Red blotches or spots appear on the skin and itch or sting. A warm bath with the Specific is all that is indicated in addition to treatment of the disorder causing the condition to appear.

Hysteria. — This is a female complaint, or so nearly so that it can be treated as such and will be spoken of under the heading of private diseases or diseases of the organs of generation. It is sufficient to say here that the hysteria is a symptom, not a disease, and the cause must be sought for and removed, to effect a cure.

Inflammations. — In treating of the subject of inflammations we must cover what is rather a large range of subjects. Inflammation is usually local in character, affecting some part, organ, or parts of the body. It may affect the mucous membrane or muscular, or cellular tissue.

It may be said generally that where there is local inflammation, the Ypsilanti Specific treatment will be found prompt and efficacious in its action. It has a remarkable power over inflammations of all kinds; instances having occurred in which it has even reduced inflammation of acute blood poisoning within a few hours.

This being true, it may be stated generally that a thorough sponging with Ypsilanti Specific warmed, followed by an application of a cold compress, or in some cases a hot compress, at the same time taking the Specific internally — a tumblerful at a time, and from three to six hours apart — will reduce most cases of inflammation within a few hours.

In treating the various local inflammations, we shall give several treatments only when this general direction is to be departed from.

In making a compress, proceed as in other cases, using two thicknesses of clean white flannel for the wet compress and cover this with dry flannel. Cotton should not be used if wool can be obtained, as the Specific seems to work more powerfully when used on wool than when used on cotton.

Under the various headings we give some other highly recommended treatments which can be used if there is no Specific to be obtained, but this remedy is so universal in its application, so easy and so safe that we presume every one has it in the house.

Inflammation of the Bladder — Cystitis. — This disease affects the membranous lining of the bladder and in some cases its muscular tissue. It is, in its nature, either acute or chronic, the chronic form being if anything, more common than the acute. The chronic form is often known as catarrh of the bladder.

SYMPTOMS. Burning pain in the region of the bladder, extending sometimes through the pelvis. This pain is more intense when pressure is applied. There is a constant desire to pass urine and generally, the attempt to do so is without result. Sometimes the passing of the urine is entirely stopped and the mucous from the inflamed lining of the bladder is passed with the water. The bowels are usually costive and if there is any inflammation in the neck of the bladder there is a great pain in the peritoneum. The skin is often dry and hot with indications of fever, great thirst and restlessness.

The disease is generally caused by irritating substances in the bladder, gravel or external injuries, by gonorrhea, or by sudden exposure to cold. Indications are the same in chronic as in acute form, except that there is usually more mucous and the pains are less acute. The patient often suffers from general debility with pains in the back and loin.

The treatment with Ypsilanti Specific is so effectual in this case that we can scarcely recommend any other. Have a compress over the lower part of the abdomen, and an injection with the proper syringe used twice daily, injecting the Specific into the bladder as local treatment. In addition to this the Specific should be taken freely whenever there is a thirst. This is a certain and very easy cure, and with it, it is rarely if ever necessary to use a catheter.

ANOTHER TREATMENT. Open the bowels with epsom salts, or some other mild physic. Give injection of warm water and hammamelis in proportion of three parts of water to one part of hammamelis. Give drink as sparingly as possible and if there is much inflammation apply a mustard poultice or compress to the abdomen.

HOMEOPATHIC TREATMENT. Give aconite, each dose followed by cantharis, in dose of two or three globules, every two hours. For food give broth or gruel. After the inflammation has been reduced sulphur should be given every night for two to three weeks in the usual dose.

Inflammation of the Bowels—Enteritis.—This may be either acute or chronic in form, the chronic following acute and generally from lack of proper treatment. The inflammation is generally of the mucous membrane, but it involves also the whole substance of the bowels.

SYMPTOMS. This disease generally begins with a chill, accompanied by slight griping pains which increase in severity until they are intense. The location of the pain seems to be about the navel and is aggravated by pressure. There is a sickness at the stomach, costiveness, tongue is dry and coated, urine is scant and generally passed with pain. The matter passed from the bowels is dark and ill-smelling.

This disease must not be confused with colic, and the test whereby to distinguish the two is that pressure relieves colic, but in inflammation of the bowels pressure makes the pain more intense.

TREATMENT. Cover the entire abdomen with flannel wet in the Specific and cover this with dry flannel. Give the Specific freely internally, and for immediate relief for costiveness give a warm injection, using the family syringe. For this injection the Specific can be used as hot as it can be borne, or clear water made slightly soapy with pure castile soap can be used instead.

If there is a rupture this disease is sometimes caused by strangulation. In such case see our treatment for hernia and proceed accordingly.

HOMEOPATHIC TREATMENT. Aconite in the usual dose every half hour. If perspiration en-

sues substitute brionia; if the bowels are much distended, arsenicum or mercurius. To prepare the remedies drop ten drops of the selected remedy in a half a tumblerful of water and give a teaspoonful every half hour until there is a change. Bind a wet compress on the abdomen. But one remedy must be used at a time, and it should be used at least a day before changing.

For chronic inflammation give a glass of Ypsilanti Specific twice daily, night and morning.

Inflammation of the Brain — Brain Fever. — In this disease there are two stages; the first being the stage of excitement, and the second the stage of collapse.

In the stage of excitement there is intense pain in the head, extending over almost the whole of it, a throbbing of the temporal arteries, flushed face and wild and brilliant eyes, contraction of the pupils, dislike of noise or strong light, parched and dry skin, quickened pulse, coated tongue and thirst.

These symptoms are followed by collapse which is accompanied by delirium, twitching of the muscles, often palsy of the limbs, with cold sweat and profound coma. The symptoms of brain fever vary in the different cases, and some of the symptoms given are always present. Sometimes the course of the disease is very rapid and it is sometimes fatal within twenty-four hours. Again, it may run on for two or three weeks.

Treatment must be immediate. Bathe the feet in hot water containing a tablespoonful of best mustard to the quart. Apply to the head cold application of Ypsilanti Specific. It is best to have the water ice cold. This can be done by shaving ice into the Specific. Give the Specific freely internally to move the bowels. In case the Specific cannot be had apply cold water or

bind ice to the head. Give cathartic, such as croton oil or castor oil. Put mustard draughts to the feet and produce a sweat. If this cannot be induced otherwise give tincture of veratrum in four drop doses every half hour in water.

Inflammation of the Ear. — It will generally be found sufficient to bind on a compress with Ypsilanti Specific. Give moderate quantity of the Specific internally, and syringe the ear carefully twice a day with the Specific warm.

Inflammation of the Epiglottis. — This is acute inflammation of the glottis and epiglottis and unless checked at once is liable to stop the passage of air into the lungs and cause death by strangulation.

Symptoms are inflamed condition of the throat, acute pain in swallowing, difficulty in breathing, and loss of voice.

TREATMENT. Gargle the throat every thirty minutes to an hour with the Specific. If there is a shower syringe or atomizer at hand it should be used instead of gargling. Syringe the throat thoroughly with the Specific to reduce the inflammation. While this is being done give an ordinary dose as often as can be taken internally, and bind a hot compress about the throat.

Inflammation of the Eyelids. — Wash the eye out thoroughly with Ypsilanti Specific, and put on a flannel compress. Inflamed eyelids are indications of a disordered system and should be treated accordingly.

Give three to four glasses daily of the Specific until the inflammation is gone, and for at least two to three days. We would suggest two glasses daily for two weeks following this to drive out thoroughly the disorder from the system.

Inflammation of the Kidneys. — This disease begins with chills, especially in the back and loins, fol-

lowed by pain and some fever. The urine is scant, high colored and sometimes bloody. The bowels may be either constipated or too loose, as in the case of diarrhoea.

The distinguishing mark of this inflammation is the presence of acute pain when pressure is applied over the kidneys. It frequently effects but one kidney. Another distinguishing mark is the numbness of the thigh.

TREATMENT. Apply a compress of flannel and Ypsilanti Specific over the kidneys, extending from the top of one hip to the top of the other. Bathe the feet in hot water with mustard, using a tablespoonful of dry mustard to the quart. Give the Specific internally, and an injection of one half Ypsilanti Specific, and one half water as hot as it can be borne, is especially recommended to relieve the bowels.

Acute inflammation of the kidneys sometimes terminates in chronic form. The use of Ypsilanti Specific will overcome this in a short time.

Inflammation of the Larynx. — The larynx is the cavity at the top of the wind pipe which contains the vocal cords or ligaments, and wherein the voice is formed. Singers and public speakers are often troubled with laryngitis which sometimes becomes chronic.

SYMPTOMS. There is often a secretion of mucous with disposition to clear the throat. Sometimes there is soreness, and inflammation may extend into the wind pipe. The disease is often developed and its presence made manifest by a cold. The complaint is worse in the night, and better during the day.

TREATMENT. There is nothing so good as a laryngeal shower syringe, as the nature of the disease requires a local treatment. This syringe may be procured at any druggist's, and for use

with Ypsilanti Specific should be constructed only of glass, and silver or gold, or hard rubber. (German silver, nickel and all metals containing an alloy of copper should not be used.) If other metals are used at all the syringe should be thoroughly washed in clear water every time it is used. In addition to the local treatment by syringe, the Specific should be taken internally, three to five glasses per day.

Inflammation of the Liver. — This inflammation is liable to occur from gravel, violence or several other causes; indications being those of fever, generally great pain in the right side, and an inability to lie on the left side, some difficulty in breathing, dry, hoarse cough and hiccough. Soreness may be felt by pressing upon the liver on the right side.

Same treatment is recommended as that given for other inflammations; that is, hot foot bath, with compress over the right side and Specific given internally. Would add in this case that if the inflammation is severe and the skin very dry with much fever, that a vapor bath may be resorted to. This is described in full in the chapter on the Treatment of the Sick.

Inflammation of the Lungs. — This is rather a symptom than a disease and must be treated as a part of the disease of which it is the symptom. When existing apart from other lung troubles it is known as bronchitis. The symptoms are as follows: A distinct rattle which can be heard by applying the ear to the chest, chills followed by fever, difficult breathing, hoarseness, loss of strength, costiveness and dry hoarse cough, after which the patient begins to raise thick, yellowish mucous from the lungs, which is sometimes streaked with blood.

The disease is generally brought on by sudden

cold, by change of weather or by inhaling substances of an irritating nature.

The treatment recommended is the same for bronchitis, that is a hot foot bath, sweating, produced by hot, wet blankets or vapor bath. Ypsilanti Specific should be given internally as a physic, or if none of this is at hand some other mild physic may be taken. In very severe cases it is well to give an emetic. The air of the room should be warm and moist. The surface of the body should be bathed at least once daily with Ypsilanti Specific, which for this purpose should be quite hot, and the patient should be entirely wrapped up in woolen blankets. The diet should be nourishing and plain, and care should be taken not to expose the patient to any draught or cold.

Inflammation of the Peritoneum. — This disease effects the membrane which lines the cavity of the belly. It is a disease to which women are subject after confinement, in which case it is known as child bed fever. It is also common among men.

As in other cases of inflammation and fever it is preceded by chills with increased heat on the surface, frequent pulse, dry skin, and the pain is generally of a sharp and pricking nature. It is increased by sitting or standing, or by lying upon either side. The pain is relieved generally by lying flat upon the back and keeping still.

In the more serious forms, and especially if the disease is advanced, the belly becomes swollen and tense, the pulse rapid and feeble, and there is a cold sweat.

TREATMENT. The Ypsilanti Specific treatment is the same as in other inflammations. Cover the entire belly with a hot compress, using a soft woolen cloth. Give the Specific internally

as a physic, in large doses, and if this does not produce the effect at once, use injection or give castor oil, as the bowels must move.

Lemonade, phosphates and lime juice may be given for drinks, and the food should consist generally of gruels or toast water exclusively. If Ypsilanti Specific is not obtainable the disease may be treated by using a poultice over the belly of flaxseed or bread and milk, or even cloth wet with water. Give an active physic, such as salts or castor oil and tincture *viratrum viride*, in doses from six to twelve drops every hour, to reduce fever and produce perspiration.

The acute form of this disease sometimes results in the chronic form by not being properly treated or cured. The chronic form may be treated with Ypsilanti Specific exclusively.

TREATMENT. Use a warm sponge bath, compress at night over the belly and give the Specific internally two or three times daily. A short course of this treatment will cure.

Inflammation of the Pharynx.— See Inflammation of the Larynx, as the treatment is the same in both cases. This disease is known as the clergyman's sore throat, and consists of chronic inflammation of the glands connected with the membrane which lines the throat and windpipe.

Inflammation of the Spleen.— See Inflammation of the Liver. Treatment is the same.

Inflammation of the Stomach — Gastritis.— This disease generally is the result of poisons taken into the stomach, or blows upon the stomach or of an excessive use of liquors. It is very easy to treat with Ypsilanti Specific, as all that is necessary is to take the Specific into the stomach cold. Care should be taken about the use of food, which must not be seasoned. Broths are best of all, with milk or soft eggs. If there is a

continual vomiting, a little Specific, warm, will aid the stomach to reject its contents easily, and this, followed by a wineglass of the Specific, cold, will generally bring relief.

Inflammation of the Tongue. — This is indicated by a soreness and difficulty in using the tongue in eating. It is usually caused by some injury or biting the tongue. Ypsilanti Specific held in the mouth for several minutes at a time will usually be sufficient to reduce the inflammation.

Inflammation of the Tonsils — Tonsilitis. — This disease is an acute form of inflammation of the masses of small mucous glands located at the back of the cavity of the mouth. These glands secrete a fluid which keeps the throat moist.

Symptoms of tonsilitis are a soreness and swelling in the tonsils which increases until the act of swallowing is very painful. In four to ten days an abscess forms, and when this breaks there is relief.

TREATMENT. Gargle the throat with Ypsilanti Specific and use the Specific for a steam bath as follows: Place a small portion of the Specific in a porcelain or porcelain lined vessel, or in a china teacup. Cover the vessel used with a cone of paper, having the hole about one-half an inch in diameter at the small end. Raise the Specific in this vessel to the boiling point and breathe the fumes. This will give relief in a few minutes.

If relief cannot be obtained by this method, the only other safe treatment is to have the tonsils removed by a skillful surgeon. The operation is not especially painful and seems to leave no bad effects.

Inflammation of the Veins. — In this disease, which is often of a dangerous nature, the membrane forming the walls of the veins is the part affected. Often

the inflammation will follow the course of some prominent vein, and is easily distinguished.

SYMPTOMS. Small ulcers are liable to form which, when opened, discharge clots of blood and pus. There is often pain about the heart and accompanied by fever, great distress and sometimes mental derangement.

Treatment is the same as for other inflammations, using the hot compress very freely and giving the Specific internally to purify the blood.

Inflammation of the Windpipe. — See Inflammation of the Larynx.

Influenza. — See Cold in the Head.

Intermittent Fever. — See Fever and Ague.

Itch, Scabies. — This disease is not as common as it once was, owing largely to changes which have taken place in the sanitary condition of our cities. It is most common among people who neglect personal cleanliness.

Symptoms are an eruption on the skin of watery pimples, which are accompanied by an almost unendurable itching. When the pimples are scratched or opened there is a viscid, watery fluid poured out which forms scabs. The cause of itch is a minute insect (*acarus scabiei*). This is one of the mites and can be discovered only with a microscope.

TREATMENT. Ypsilanti Specific treatment is very simple. Rub the Specific thoroughly into the skin twice each day and let it dry in. It is well, before applying the Specific, to wash the skin thoroughly with soft water and soap. Ypsilanti Specific should also be taken internally freely.

If the Specific cannot be obtained, a solution of chloride of lime may be used as a wash, or caustic potash, one part to twelve parts of water, is stated to be a remedy. Sulphur oint-

ment may be used externally, but should be used sparingly and with great care.

Jaundice.—**SYMPTOMS.** Yellowness of the skin and whites of the eyes, with saffron colored urine and whitish or clay colored stools. The urine is so full of bile that it will color white linen yellow. There is often a sickness of the stomach, bitter taste in the mouth and a dull pain in the right side, increased by pressure. The entire system is full of bile.

Treatment for jaundice is the same as that given for biliary calculi. It consists of a warm bath, with Ypsilanti Specific given freely as a drink before meals, and a teaspoonful to a table-spoonful of the best olive oil should be used with each glass of the Specific.

Locked Jaw — Tetanus.—This is caused by injury to the nerves; often by the thrusting of some blunt instrument like a nail into the flesh.

Symptoms are a violent and painful contraction of the muscles which close the jaw. These cramps extend to the most of the body and include the limbs and muscles of the trunk. There is intense pain and great danger. The remedies most recommended are chloroform or ether, given either internally or by injection, and continued as long as spasms last. Any foreign substance causing the trouble must be removed. This difficulty can usually be avoided by applying Ypsilanti Specific at once to the wound and given internally in copious quantities, as it will destroy any poisons which may be in the wound and act as a preventative, which in this case is much to be preferred to a cure.

Lung Fever, Pneumonia.—This disease is, in fact, inflammation of the lungs.

During the first stage the lungs are filled with blood. There is a rattling or rustling sound

which can be heard by applying the ear to the chest or with a stethoscope. This occurs when air is breathed in. During the first stage the patient is liable to hemorrhage.

The second stage is a period during which the lungs become solidified or hepatized. During this stage the lungs are more solid than usual and there is a sort of whistling sound from the air pressing back and forth through the bronchial tubes.

Should the third stage of the disease intervene, danger is imminent, as recovery from it is rare. In this stage the lungs change from red to gray, owing to the matter which is distributed through their substance.

The duration of the first stage is from one to two days, and of the second, from two to four. There is, however, great variation, due perhaps, to latitude and altitude and constitution of the patient.

TREATMENT. In this disease we strongly recommend that upon the appearance of the first symptoms, a compress wet in Ypsilanti Specific slightly warm, be placed over the entire chest, extending up to the throat, and that copious draughts of the Specific be given internally as a cathartic. After this a sedative is indicated, and for this purpose tincture of *viratum viride*, in doses of from ten to fifteen drops, two hours apart, may be given, but not if the patient is very feeble. Sulphate of quinine may be given after the Specific has had time to produce its effect. It should be administered in full doses, from sixteen to thirty-six grains, according to the strength and constitution of the patient. Stimulants are indicated in the second stage of the disease, and we know of no better stimulant than genuine old whiskey and rock

candy, in proportion of one-half pound of rock candy to a quart of whiskey. The rock candy should be dissolved by boiling in water before being added to the whiskey.

Physicians will generally use Ypsilanti Specific for the compress and cathartic, if advised that it is at hand. Diet should be light and nourishing, soothing drinks such as toast water, thin gruel and barley water.

Lupus. — See Cancer.

Lumbago. — See Rheumatism.

Malaria. — See Fever and Ague.

Measles. — See Diseases of Children.

Mumps. — See Diseases of Children.

Neuralgia. — There is but one symptom of this disease and that is pain. The pain is of a peculiar, darting nature, and comes in sudden paroxysms with intervals of relief. There are sometimes signs of inflammation with tenderness, but not often.

Neuralgia pains may occur in any part of the system, but the most generally recognized form is that which attacks the nerves of the face, sometimes one portion of the facial nerves, sometimes two, and sometimes three. If in the upper portion the pain attacks the forehead and eyes; if in the middle, the upper jaw and cheek; if in the lower portion it affects the chin, gums and tongue. It sometimes happens that only one side of the head or face is affected, sometimes both.

Sciatica is neuralgia of the sciatic nerves, but is sometimes complicated with rheumatism and will be found treated of by itself.

In case of neuralgia of the head, bind the portion of the face or head affected in a warm compress made as in other cases, and give Ypsilanti Specific internally.

In other cases we recommend the use of a compress and bathing with the Specific the parts affected. It will generally be found that the pain will be greatly lessened, if not entirely overcome within a short time.

Painters' Colic. — This results from lead poisoning and from breathing the fumes of paints when mixing and using.

Ypsilanti Specific is a positive remedy and preventative. Drink the Specific freely until the symptoms of the disease disappear, after which continue to drink a small glassful daily, before breakfast, as long as paints are handled.

It must be remembered that the painter is constantly exposing himself to this disease, and there is nothing known that can secure immunity, except a preventative constantly taken. For this reason we recommend Ypsilanti Specific to be taken constantly, unless it is desired to allow the symptoms to assume a severe form before taking measures to stop it. Would say that every painter should take a small glass of Ypsilanti Specific, daily, or at least every other day, to keep his system free from mineral poisons.

Palsy. — This disease in its several forms is indication of injury to the brain, or of pressure of some growth or clot of blood upon the brain. It affects the nervous system.

It may often be overcome by restoring the nervous forces and health to the body by the use of Ypsilanti Specific.

As a rule physicians make no effort to cure palsy, claiming it to be incurable. We would, however, recommend the use of Ypsilanti Specific, as several cases have occurred where people affected with this disease have secured great relief, and even a cure by the use of this water.

Piles, Hemorrhoids. — This is a common and painful malady of several varieties, according to the symptoms.

They consist of swellings or enlarged veins about the lower portion of the rectum, and are known as internal or external, according as they occur, within or without the bowel. They are also known as bleeding or blind; the bleeding piles discharge blood and the blind do not. They usually occasion a painful itching with much pain when evacuating the bowels.

TREATMENT. The only treatment necessary is to regulate the bowels with Ypsilanti Specific. This wonderful medicine has the power of curing costiveness or diarrhoea, making it the most remarkable of all known mineral waters for the treatment of the bowels.

If there is much tenderness and soreness, use a little white vaseline until the soreness disappears, and if there is great inflammation and distress a compress may be applied in the usual form. Dieting is not necessary with the Ypsilanti Specific treatment. If there is diarrhoea use the Specific *after* meals; if there is costiveness, use *before* meals.

Pimples. — These annoying eruptions of the skin may be removed by bathing the skin every day with Ypsilanti Specific and drinking a glassful twice daily to purify the blood.

Eruptions are an indication of impure blood and should always be removed by a course of blood purifying, otherwise the system is rendered liable to other forms of disease.

Pleurisy. — The pleura is the large membrane which divides the cavity of the trunk into two parts, the upper portion containing the lungs and heart, the lower portion the liver, spleen, stomach and bowels.

This is one of the most important membranes in the body. It consists rather of two membranes which slide over each other.

The pleura is almost always affected in lung fever and pneumonia, in which case the inflammation is treated as a part of the pneumonia. It often happens, however, that the membrane itself becomes inflamed without any general inflammation of the lungs. This is true in pleurisy.

The most noticeable symptoms are a keen, cutting pain in the side just below the nipple. This pain sometimes extends to the shoulder and armpit. Breathing is difficult. Pain is increased by motion or drawing long breath. There is often a short hacking cough.

TREATMENT. If the pain in the breast is extreme, as it sometimes is, it will do no harm to give a hyperdermic injection of morphine to relieve the pain. Bind a compress over the pleura, that is around the chest just below the breast. The effect of this will generally be found immediate. The Specific taken internally will act as a diuretic, clearing the bowels and relieving the symptoms within a short time.

Pneumonia. — See Lung Fever and Inflammation of the Lungs.

Poison. — See Accidents.

Rheumatism. — We recognize four distinct forms of rheumatism: acute rheumatism, chronic rheumatism, gout and rheumatic gout.

Gout and rheumatism are closely allied to each other, both resulting from the same cause. One great cause of the disease is the failure on the part of the kidneys to secrete uric acid and calcium, the latter being present particularly in gout and rheumatic gout.

Ypsilanti Specific treatment is the same for all

forms of this disease. The first thing to do is to restore the kidneys to their normal activity. This is done by drinking the Specific every day; from three to six glasses daily.

Next in importance is the removal of the local symptoms, for which purpose a compress should be worn at night over the part of the body affected. Leave all other medicines and adhere to this treatment for a reasonable time and a cure will follow.

We have recently published a case of N. F. Lund, of Concord, N. H. It was not our purpose in this book to give testimonials or mention individual cases, but this case was so very remarkable that we could not avoid mentioning it here, especially as we have found other cases where the same disease has existed and where a cure has followed the use of Ypsilanti Specific.

We have never found a case, however, as bad as that of N. F. Lund, who was known as the "ossified man." He was a helpless invalid; his whole system was filled with uric acid and chalk, found in rheumatic gout.

The cure in his case was complete, his treatment requiring just one year, and during the last of this time he was about his business, practically well. We only refer to this case here as most remarkable.

Salt Rheum. — See Eczema.

Sciatica. — See Neuralgia and Rheumatism. Treatment is by compress and drinking the Specific freely. No other treatment is indicated.

Scrofula. — This disease varies from eczema and salt rheum only in the fact that it attacks the cellular tissues, sometimes the bones, whereas eczema and salt rheum show their symptoms altogether on the surface.

It is believed that the disease is less prevalent

than formerly, owing, perhaps, to better sanitary conditions.

The symptoms are first a swelling in the lymphatic glands, like hard movable kernels, just beneath the skin of the neck. Their growth is slow and they sometimes appear in other parts beside the neck. They slowly come to a head and break, generally leaving scars in healing. Scrofula humor sometimes attacks the eyes, in which case the face is usually much disfigured. It is an indication of a very impure condition of the blood and may be entirely removed by purifying the blood.

TREATMENT. For purifying the blood Ypsilanti Specific will be found a sovereign remedy. It should not only be taken internally freely, but used as a bath every day, or at least every two days. It is better if the sores can be bathed several times per day, or if a compress can be worn both day and night.

Scurvy. — This disease is unknown except among sailors, and is due to lack of proper food and drink. It is much less prevalent than formerly. We have some customers among sailors and seafaring men, who have used Ypsilanti Specific for many years, not only as a remedy, but as a preventative.

TREATMENT. The same as for scrofula, which see.

Sea Sickness. — There is no cure for sea sickness, although many people have supposed they had discovered relief in various treatments. Probably the best shield against this disease is good health. Bromide of soda has been recommended in large doses daily, also chloroform in doses of from forty to fifty drops in a little gum arabic and water. One of the best preventatives is to yield entirely to the motion of the boat.

Many people voluntarily brace themselves against the motion of the ship or boat, and thereby bring on sea sickness. This should be avoided so far as possible. A little brandy is often very good during the first symptoms; if it does not prevent sickness, it often helps one to get over it quickly.

Stone in the Bladder. — See Calculus.

Stye. — This is a small, painful boil on the lid of the eye. It may be treated by compress or by applying the Specific directly to the eye with a small cup or glass.

Ypsilanti Specific will not injure the eye in any way, nor will it cause any pain or distress, hence it may be used freely in all cases of disease of the eye.

Sunstroke. — See Accidents.

Tetter. — See Eczema.

Treatment is the same.

The symptoms are very much the same as in eczema, breaking out of the surface in the form of watery pimples, followed by a scaby, crusty condition.

Throat Diseases. — See Laryngitis.

Tumor. — See Cancer.

The most common form of tumor, as well as the least dangerous, is what is known as the fatty tumor or polypus. Its growth sometimes reaches an enormous size, cases having been known in which tumors have been successfully removed weighing from thirty to forty pounds.

The location of the tumor is usually about the back or shoulders, or it is connected with the womb and known as the ovarian tumor; the latter attain the greatest size.

Tumors may be treated with Ypsilanti Specific, using a compress and drinking the Specific with the greatest freedom.

We cannot impress too strongly upon those using Ypsilanti Specific to drink the water freely for serious ailments. The entire matter of the tumor, ulcer or cancer must be absorbed and carried away by the blood. While this is being done large quantities of the Specific must be taken to purify the blood.

Typhoid Fever. — See Fever.

Typhoid Pneumonia. — See Pneumonia.

Ulcers. — This term is usually applied to surface sores of a persistent nature. They often come from venereal diseases. When this is the case, the disease causing them must be removed to cure the ulcers.

TREATMENT. For simple ulcers a compress made with flannel wet in Ypsilanti Specific is all that is required; it will generally effect a cure in two or three days.

For the more serious cases, treatment must be the same as for other diseases of a like nature.

See treatment for syphilis under the head of private diseases, chapter 4.

Varicocele. — This is an enlargement of the veins, especially those near the surface, generally resulting from constant standing upon the feet and from strains. The real cause is a failure of the valves to work properly, the veins being full of valves which prevent their contents from flowing back toward the capillaries.

It is generally a sufficient treatment to bind on a compress and restore the general health of the system by use of Ypsilanti Specific. It is usually well to use a little friction when bathing the limbs with the Specific, which should be done every evening and morning.

Treatment most in use consists of an elastic stocking laced tightly over the affected limb, but this is not to be resorted to if it can be avoided, as its tendency is to increase the disorder.

CHAPTER III.

DISEASES OF WOMEN.

This subject is so important and so full of possibilities, especially in the light of our fourteen years of experience with Ypsilanti Specific among its rather narrow circle of friends here in Boston, that we deem it best to make it the subject of a separate chapter.

There are three periods in the life of every woman which involve changes so important that they are liable to affect her future happiness or even cost her life if care is not exercised.

The sexual organs of woman are so in sympathy with each other, so subject to outside influence from sorrow, from fright, from exposure, and a hundred other circumstances and conditions, that they are easily thrown out of a proper adjustment.

The three periods needing the greatest attention and care are the age of puberty, from about twelve to fifteen years of age. This is when the menses begin and the girl is passing from childhood to womanhood.

Second, the time of marriage and pregnancy, and third the change of life, that important period when the menses cease, when the womb becomes barren and the woman becomes a matron — the mother dons the spectacles and cap of the grandmother.

At the first of these periods the innocent child begins to view with shy and startled eyes the broader problem of life and to look a little upon its sober side. She then begins to learn that she is a woman, and to lay the foundation of future joy or sorrow in present health or disease.

At the second period the woman approaches that holy of holies, the divine state of motherhood, and as in the first change, her future may be made or marred by her course and care during this important time. Each recurring period of pregnancy is only a repetition of the first and so all may be considered as one in their general effect.

At the third period a vast change takes place. One of nature's escape valves is closed. The monthly flow, by means of which her system has been purged of much of its poison, now ceases. This is the time when cancer is most liable to come, nature finding in the hideous sore an outlet for matter that must be cast out of the system. It is a time when more than half of those who reach that milestone in life lie down to rise no more.

In light of the known facts, the importance of care, constant, watchful, loving care at these most important times cannot be overestimated.

Woman's taste is naturally more delicate and refined than that of man. So are the girl's desires more for the beautiful and ideallic than those of the boy. A boy will adorn his wall with bows and arrows, guns, fishing tackle, athletic implements and such. If he has pictures of his choice they are those of his athletic heroes or his fad, whatever it may be. A girl is different. To her the delicate lingerie about her dressing table is a necessity. She should be surrounded by white and pink or blue. Let no work or pains be spared to make her girlhood one long lesson in good taste and deportment. If she fills her place in life it will be as a wife and mother. Let that not be forgotten. The manly woman is still a joke, not a reality. It is the delicate tint and perfume of the rose, not the glaring color and rank strength of the poppy that men admire, and ever will.

The period of maidenhood is formative. At that time the deepest and most lasting impressions are made.

So it is then that mothers should see that the forming mind and body are rightly bent.

It is a sad fact, but an indisputable one, that a large proportion of marriages are unhappy, or at least not as happy as they should be.

Many a bride and groom start on the honeymoon all smiles and sunshine, to return all frowns and storms.

There is no fate so sad as an unhappy marriage, and while all the philosophy of the world will not prevent them, they can be prevented or their evils mitigated by a little plain common sense, and that is going to be given in no homœopathic dose in the proper place in this book.

During the last few months we have received hundreds of letters from unhappy wives, mostly young wives, too, and have given pages of advice to such. Some have followed this advice and found happiness in so doing.

Men have got a heap of the beast in them. This is written by a man and he speaks by the card. Most men are selfish, indolent, indifferent to the rights and feelings of others, often inconsiderate and even brutal. It is the sole privilege of woman to tame this beast and make him docile and even affectionate.

To do this requires skill and this skill must be taught. The time to teach it is during maidenhood, and it is to impress upon the *mother* her *duty* to the *daughter*, for that daughter's future welfare, that the part of this chapter devoted to puberty is written.

Every married life is made or marred during its first year. It is for that reason that the part of this chapter under marriage is written. We only hope our friends will read it in charity, bearing with us for our faults in the belief that we have done the best we can to advise for good.

We make a slight departure from the strict alphabetical arrangement in this chapter, in order to bring diseases and treatments of the various periods of woman's life together, and first of the child.

It sometimes happens that symptoms of weakness appear in young girls; such as whites, premature menstruation, inflammation of the vagina or womb, and other disorders. These sometimes arise from self-abuse. It should be the first thought of every mother to teach her child those lessons about her own body which give her knowledge of her own person, its care and preservation. The girl should be taught before arriving at the age of puberty, that her future happiness and health may depend on her care of herself as a child. A girl is naturally modest and innocent, and it takes nothing either from her modesty or her innocence to teach her the facts about her own person and its proper care.

Especially should she be watched and guarded when passing the first turning point in life, the beginning of the menses. Usually in this climate this function begins at about the age of fourteen years and lasts until about the age of forty-five, when it ceases.

About the time of the appearance of the menses, the figure of the girl begins to assume more mature lines, the breasts develop, the voice changes and the child becomes a woman. In some cases the change is retarded to a later date, even until the age of eighteen or twenty. In such cases, if the girl is healthy and shows no symptoms of bodily or mental derangement, no steps should be taken to hasten the menstrual flow. Again in some cases the flow begins at as early an age as ten or eleven. In such cases, if the child seems healthy, the flow should be allowed to continue, as any effort to stop it may lead to serious results. At any rate, in such cases no steps should be taken except on the advice of a physician.

We will repeat that no girl should be allowed to arrive at puberty unprepared for the beginning of menses. She should even be advised to prepare the necessary diapers and band, and should be advised as to the care of the person, proper measures of cleanli-

ness, the danger of exposure to wet or cold, and the necessity for regular habits as to diet and exercise.

A little care and precaution at this important time will often save years of suffering which follow neglect in many cases.

It is at this period in the female life—puberty—that female complaints (so called) really begin, as those derangements preceding puberty are scarcely to be classed as female complaints. It is well here to describe briefly the female organs of generation, as some knowledge of their nature is necessary to any clear understanding of our subject.

In nature, all living beings are created, male and female. This is true both in the animal and vegetable kingdom, and the method of reproduction is the same in all. The same parts exist and the same functions are performed in the reproduction of a strawberry as in the reproduction of a human being. The student of nature has no false modesty, he treats this subject, if his study is man, just as he would treat it if his study were a mustard seed.

The organs of generation in the human female consist of five distinct parts, as follows:

1. The Vulva.
2. The Vagina.
3. The Womb.
4. The Ovaries.
5. The Fallopian Tubes.

The vulva is the exterior portion of the vagina and the womb is located at the inner extremity of the vagina. The womb is about two inches long and an inch in diameter, and is lined with mucous membrane. The ovaries, two in number, are located one on either side of the womb, and connected with the womb by the fallopian tubes. Each ovary is about half an inch in length and consists mainly of a mass of cells, some quite mature, some mere rudiments. These cells are really the eggs from which spring human life. Each

healthy woman matures one or more of these ova or eggs each twenty-eight days, and at the time of the maturity of this germ the ovaries and womb, and particularly the membrane lining the womb and the neck of the womb become charged with blood. So great is the congestion that it finally results in the flow of the menstrual fluid.

The period during which the ovum or egg is retained in a mature state, is usually about fourteen days, and during this time it may be fertilized by coming in contact with the spermatozoa or living germs of the semen of the male. The period during which this may happen is longer in some cases than in others, but the rule is about fourteen days. The scriptural injunction against sexual intercourse during the menstrual period of seven days, was a very wise one. The female organs of generation are always congested and filled with blood during this period, and the added excitement of intercourse is very apt to cause inflammation which easily becomes chronic, leading to a train of evil consequences most serious in their nature. Not only is there danger to the female at this period, but to the male as well, so that continence during the menstrual period is the only true measure of safety to both husband and wife.

The ancient Greek legend "Know Thyself," contained a world of wisdom. There are too few mortals who know themselves. An engineer spends years in study to perfect himself in every branch of mechanical science, in order that he may know the machine of which he is in charge.

A woman will study out the adjustment and operation of the parts of her sewing machine, typewriter or bicycle, and yet allow a false modesty to leave her in ignorance of even the names of the parts of her own body.

Far more delicate than any machine or any work of human skill, far more important in its effect upon human life and human happiness than anything else on

earth, the wonderful human body is too often abused from ignorance or neglect or from carelessness, until the possibility of happiness for its possessor is gone beyond recall. The time for planting in each human being the seeds of wisdom is during childhood, and every father and mother should see to it that the girl or boy is not allowed to remain ignorant of those facts which they must know to know themselves.

Mother, begin the education of your daughter at the right time, in childhood. Tell her the wonderful story of her own person; teach her to know herself. You will place a light in her hands that will illumine many a dark way in life and enable her to shun many a pitfall.

Father, are you doing your duty by your son? Does he *know himself*? Have you taught him the truth in such a way as to leave nothing for his curiosity or imagination? Do not leave your boy to "find out" what he is bound to know. See that he is taught while his mind is receptive the grand truths of nature and of life, and so start him out right on life's journey. It is not the boy who *knows*, but the boy who *guesses* and *imagines*, whose mind is filled with vulgar sentiments. And what is true of the boy in this respect is true of the girl.

DISEASES AFFECTING MENSTRUATION.

Absence of Menses—Amenorrhœa. — Absence of menses may be of two kinds, first when the natural flow has never appeared—this is called retention; second, when having appeared, it is stopped by some cause—this is called suppression.

RETENTION. If it extends to such a time that it indicates some functional disorder, or if it is accompanied with headaches, backache, or any local distress about the womb or vagina, the cause of retention should be discovered and removed. This cause may be mechanical, as in case of the mouth of the womb being

closed, or there being no opening in the hymen (a membrane which partially or wholly closes the entrance to the vagina). These mechanical causes of retention, when they exist, often cause an accumulation of blood and mucus in the womb, causing swelling and inflammation. Again the cause may be a failure of the ovaries to mature; or a thin, emaciated or bloodless condition; or constipation. In such cases exercise in the open air—especially the bicycle—wholesome food and regular habits, will usually restore the system and establish the menses. If constipation, give Ypsilanti Specific in the usual dose to regulate the bowels.

If emaciation or bloodless condition be the cause, give Ypsilanti Blood Purifier in tablespoonful doses twice daily, as a tonic and laxative, or give iron. The tincture of iron with wine is good.

SUPPRESSION. This may occur from inflammation of the womb or ovaries, from fright, from taking cold during the menstrual period, from wet feet or dipping the feet in cold water while the courses are on. Suppression in any such manner is most dangerous and should have immediate attention. Suppression almost always occurs during pregnancy; indeed this is considered the usual sign of a pregnant condition.

In treating suppression the proper time to make efforts to restore the flow is at the date when the menses should occur in their regular order.

If the suppression be wholly from weakness or loss of blood, the system must be built up. For this purpose malt extracts are highly recommended, also a tonic of iron and wine, using tincture of iron with best old port wine.

If from inflammation use the compress wet in Ypsilanti Specific, applied warm over the vagina and lower abdomen. Inject warm Ypsilanti Specific diluted with water to half strength, using a female syringe; before retiring soak the feet in the following: Four quarts of warm water, two tablespoonfuls of mustard and a tea-

spoonful of cayenne pepper. Put the mustard and pepper into the water; mix, and let the feet remain immersed for ten or fifteen minutes. Drink a full glass of Ypsilanti Specific as a cathartic. This will usually produce the required effect. The compress and injection, both warm, may be continued for several days until the inflammation is reduced.

Profuse Menstruation—Menorrhagia.—This occurs in three ways. Menstruation may be too profuse, may continue too long, or may occur too often. The result is the same in either case; too great a strain on the system, leading to weakness and debility. It is strange, but true, that the same causes give rise to profuse menstruation that occasion suppression; that is, weakness of the physical system or local inflammation, but the trouble may be hemorrhage from the womb or vagina, or from a tumor or ulcer, such being often mistaken for profuse menstruation.

As the causes vary to such an extent, and treatment to be effective must be determined by the cause, we prefer to leave this class of troubles to the examination of a skilled physician, only remarking generally that Ypsilanti Specific may be taken in any of the various forms, used internally by drinking three to four small glasses daily, and as a compress it will usually bring about a cure.

Painful Menstruation—Dysmenorrhea.—It sometimes, and indeed frequently occurs that menstruation is accompanied by pain of a more or less intense character. Sometimes the pains are almost as intense as the pains of childbirth, and the sufferer is forced to go to bed for a day or longer every month. The pains are usually most severe at or before the beginning of the flow.

In these cases a careful examination should be made by a skillful physician to ascertain if the womb is not out of place or closed or inflamed.

If the womb is retroverted or fallen over, it must be

put back into place. If strictured or closed it must be carefully opened and treated with compresses and injections. If the pain be from inflammation use the Ypsilanti Specific in the usual manner, applying the compress locally and drinking freely.

Cessation of Menses—Change of Life. — The most critical period in the life of woman is the time about the age of forty-five, when the ova or eggs cease to form and the menses cease. There is no certain age or time when this change takes place. It may occur as early as twenty-eight years of age, or as late as fifty, cases having been cited of the change taking place at both of these ages and all intermediate times. In this country and climate, however, it is a general rule that the change occurs at about the forth-fourth to forty-sixth years.

It is a time of great importance in woman's life, as a wonderful change takes place. The ovaries, which for thirty years have produced their ovum or egg every lunar month, now become barren. Pregnancy is no longer possible. The menses, that wonderful provision of nature by which for thirty years a portion of the waste has been carried away from the system, now cease.

It is at this period of woman's life that the germs of disease which may lurk in the system are most apt to develop, and especially is this true of cancer, which claims a host of victims at this period. Tumor also, especially that form known as ovarian tumor, is most apt to commence at this time.

We have no hesitation in speaking plainly and frankly of cancer, the one disease for which medical science in all ages has never produced a cure.

It is impossible too strongly to condemn those knaves and charletans who fatten on the fears of the people aroused by the prevalence of this frightful malady, and who apply to every sore or lump the name so much dreaded, "cancer." We have treated and cured hun-

dreds of ulcers of a more or less malignant nature, but never yet called such a sore a cancer. Some cases occur that would be liable to deceive even the practiced eye of the physician. In every case where a cure of cancer has ever been claimed for medicine, it will be found, if investigated, that the supposed cancer was merely an ulcer.

Medical science points to no cure except by the hard steel of the surgeon's knife, and if honest, as medical science should be, it will admit that the cures by the knife are rare.

A celebrated physician and author, writing on this subject, uses the following language, which we quote: "Cancers are more apt to develop themselves at this period (change of life). Their seat is most frequently in the womb or breast, and they are said to be especially liable to arise in those women who have suffered several abortions or unnatural labors. Undoubtedly they are more frequent in the married than in the unmarried and they evidently bear some relation to the amount of disturbance which the system has suffered during childbirth, and the grief and mental pain experienced. For this reason a celebrated teacher of obstetrics insists in classing them among nervous diseases. The surgeon alone can cure them, and he but rarely. Medicine is of no avail, however long and painstaking have been its searches in this direction. A touching story is related in this connection of Raymond Sully, the celebrated philosopher. When a young man he was deeply impressed with the beauty of a lady, and repeatedly urged his suit, which she as persistently repelled, although it was evident she loved him. One day, when he insisted with more than usual force that she should explain her mysterious hesitation, she drew aside the folds of her dress and exposed her breast partly destroyed by a cancer. Shocked and horrified, but unmoved in his affection, he rushed to the physicians and demanded their aid. They replied that they

could give none. He determined to find a cure if he had to seek in all parts of the earth. He visited the learned doctors of Africa and Asia and learned many wonderful things, even, it was said, the composition of the philosopher's stone itself, but what he did not find, and what has never yet been found, was what he went forth to seek—a cure for cancer."

We insert this here rather than under the head of cancer in the general work, as it applies so aptly to our subject.

There can be no doubt that the change of life and cancer are in some relation to each other. Whether this relation is that of cause and effect we do not pretend to say, and it does not matter, as the cause, if such it be, can not be removed.

Daily experience is proving that a remedy for cancer has been discovered at last, and that remedy provided by nature—a natural mineral water. That it will cure all cases is not to be expected. We do not believe that ourselves, but that it will cure some cases we know, and that it will lessen suffering and decrease the frightful mortality from this cause, we know. For the rest we can only hope the future will repeat in larger measure the success of the past.

TREATMENT DURING CHANGE OF LIFE WITH YPSILANTI SPECIFIC.

If we could place this mineral water within reach of every woman in the world who reaches this period in life, and if all would use it faithfully, a glass daily, and two to three glasses daily during any menstruation or flooding after the change begins, we would almost divide in halves the pain and danger of womanhood and take one-half away. The woman who will use this water persistently during this period need have no fear. The glass every evening or morning, as seems best after a trial (either is good) will make her path easy and safe.

To those who from any cause cannot drink the water, we would say that in the Ypsilanti Kidney Cure or Blood Purifier are all of the virtues of the water in a condensed form, and it can be taken by any one, having a pleasant taste and odor. To all who can drink the water as nature provides it, we say take nature's cure.

For the rest of the treatment, plain and nourishing food in abundance, and if it can be worn without discomfort, soft woolen underclothing during the day and a soft wool night dress at night are highly recommended. A daily sponge bath in tepid water will be found not only pleasant, but useful. The bath may be followed by rubbing the body over lightly with a sponge or cloth wet in Ypsilanti Specific. It is delightful for that purpose. Better than any powder or cosmetic, as it makes the skin clear and soft, removes any odor as of perspiration, and its own odor vanishes in being applied.

Pains in the back and loins can be removed by the use of the compress, if they do not yield to the bath.

ABORTION. MISCARRIAGE. PREMATURE BIRTH.

We prefer to treat the series of accidents or worse, which may befall between conception and delivery, together, as we have treated the various phases of menstruation.

When a woman in a family way throws off the contents of her womb during the first three months, it is usually called an abortion; during the second three months a miscarriage, and during the last three months of pregnancy, a premature birth. Although the term abortion is also applied to that class of crimes by which the life of the foetus is destroyed, and it is removed by external force or medicines at whatever time of the period of gestation such crime may occur.

It is a generally recognized truth that the unborn child is a living human being from the hour of conception, and to destroy its life at any time is murder, morally, if not legally. All writers upon this subject agree in this view, but here we treat the physical, not the moral question.

If there be true love between husband and wife, there will be children unless some physical obstacle prevent, for the tendency of all true love is to create. It is true, nevertheless, that large families of children are hardly to be desired. The life of the mother is worn out in child bearing and child caring, while even from a strictly moral standpoint, large families are scarcely necessary.

There is a vast amount of crime committed which has for its object the destruction of the unborn child, not alone in cases of unmarried girls who have erred, but in cases of the married who would shun the highest duty of life and deprive themselves at the same time of life's greatest happiness, for there can be little true happiness in a childless house, and no condition is so lonely, so utterly forlorn, as a childless old age.

Every true rule of living calls on man and woman to unite their lives for the continuation of the race. And nature provides no punishments for crime more severe than those with which she avenges violations of her laws of reproduction.

In cases of accidental abortion occurring during the first three months, there is usually but little disturbance, not more than a profuse menstruation. The principal causes are displacement of the womb or ulceration; too violent exercise or accidental jarring, by falls or otherwise; heavy lifting, and sometimes too much indulgence of the passions, especially about the menstrual period.

TREATMENT. If the symptoms are slight, but little need be done except to remain quiet for a few days. If pains and flooding ensue, the case is more serious and must be treated as a natural labor. Perfect rest,

a COLD compress—the colder the better—applied to the vagina, and complete rest in a recumbent position secured until the physicaian can be summoned.

PREVENTION. The best way to prevent miscarriage is for the woman who finds herself pregnant, to lead a quiet life, avoiding all crowds, excitement and over-exertion, abstaining also from sexual intercourse during the days when menstruation would occur in its regular intervals. A miscarriage in the first pregnancy is very apt to be followed by others, hence the great importance of avoiding such disaster in the first pregnancy. The period after the first three months, when it is most liable to occur, is at the end of the fifth and again at the end of the sixth month. A miscarriage or premature birth must always be treated as a case of labor, which see.

Barrenness.

There are many married couples who greatly desire the comfort and blessing which children bring, yet who remain childless. This is by no means always the fault of the woman; it is often the man, and sometimes, though rarely, both who are at fault.

Cases are cited in which barren couples have separated and both remarried, she to become a mother, he a father, as the result of second union. Most frequently a condition of childlessness is due to some defect in the sexual organs of the woman, and may be treated and cured. An examination by a skillful physician should be secured, and he will discover the defect if it is local, or if it be any of those ailments treated of under menstruation. If the general health of either husband or wife be impaired, we would strongly recommend a building up treatment with Ypsilanti Specific, daily exercise, wholesome food in abundance and full hours of sleep, a total abstinence from intercourse for two or three months, and then let the union take place about

five to eight days after menstruation begins—that is, after the period begins. Such a course will usually bring a happy result.

Often a change of scene and air is all that is necessary, as a trip to the seashore or mountains, or a visit to distant friends. It is an old saying that “a stale bed seldom bears fruit.”

We will repeat that in all female complaints the use of the injection bag with Ypsilanti Specific, either full strength or reduced to one-half strength with water, will be found most excellent, cleansing the vagina thoroughly, allaying inflammation and healing any ulcers or sores.

Injections should never be used during menstruation.

Breasts, Care of.

During the last two months of pregnancy, especially in the first pregnancy, care should be taken to fit the nipples and breasts for nursing and harden the nipples so that they may not become cracked or excoriated. To harden the nipples they should be washed two or three times daily with a solution of tannin in water, or with the tincture of myrrh, and once a day with a strong solution of borax in water. Such a course of treatment, persisted in for a month or two before confinement, will usually avoid trouble afterwards and so pay large dividends on the work and time expended. No pain connected with child bearing is greater than the pain caused by sore nipples while the child is nursing.

When sore nipples occur they may be treated as follows: Procure a rubber nipple shield; this is important and should not be neglected. Bathe the sore nipple frequently with a solution of tannin in glycerine, equal parts of each, or with the following lotion:

In a clean tin basin put a handful of hops. Over these pour half a cup of lard, cover and let the hops

"draw" for ten to fifteen minutes in the hot lard, strain and cool, apply with finger or a soft cloth or camel hair brush. This is strongly recommended by a nurse of much experience.

For caked, inflamed or ulcerated breasts, apply the warm compress of Ypsilanti Specific and white flannel. Give tumblerful three to four times daily, to purge the bowels and reduce any fever, gently rub the breast with the hand toward the nipple.

This treatment should not be neglected, and in all cases prevention is better than cure. Keep the breasts well drawn; they will not become caked or inflamed.

CHILDBIRTH. DELIVERY. LABOR.

GENERAL REMARKS. There are certain things which should always be prepared in advance, in anticipation of the visit of the little stranger, and in order that the welcome extended to the visitor may be a hospitable one; also for the comfort and safety of the mother, whose welfare at this time cannot be too well looked after.

For the mother an unstarched chemise and a short gown or night dress to be worn over the chemise. These should be put on when the pains come on, and when the bed is prepared they should be pleated up under the arms in readiness to draw down after the child is born and the bed changed. The mother should be moved as little as possible after delivery—*never* raised to a sitting position—hence the importance of the above directions. The bandage is another necessity. It should be made of unbleached muslin, cut bias, about a yard and a quarter in length and twelve to fourteen inches wide, varying to suit the size of the mother. It should be fitted by gores so cut as to make it narrower at top than at the lower edge, and narrower at the lower edge than just above, so as to prevent slipping up. Such a bandage will seldom get out of place.

The child's first clothing should be a band of soft flannel, four to six inches wide and sixteen to eighteen inches long. Long enough to go once and a half around the child, having the double portion over the abdomen. A shirt, preferably of wool, to go over this, one or two petticoats, according to the weather, with a four-inch muslin band at top to pin around the body. Next the diaper, the slip or frock, the bib to prevent the soiling of clothes by druling, and the little wool bootees or socks for the feet. These things together with a pair of sharp scissors, a package of pins—better safety pins of two sizes, small and medium—some good white linen thread, good toilet soap, a fine sponge, a piece of soft linen or muslin for the navel, a box of the best powder and a cup of lard, should all be in the basket together ready for instant use.

The bed. Each nurse will wish to use her own method of dressing the bed, but in absence of a nurse the following directions may be observed: Procure a piece of rubber sheeting or table oilcloth about two yards square, a lot of old sheets, quilts, or blankets. When the labor begins prepare the bed as follows: First dress the bed just as it is to be occupied by the mother after confinement. It is best to have a piece of oiled silk or rubber gauze, but if these are not at hand use a bed pad or an old quilt folded double. Put this across the bed so that its centre will come under the hips when in a natural position. Use no feathers on the bed, the mattress is always best. Put the oiled silk or folded blanket or quilt on the mattress. Above this put on the sheet. This is the *under sheet*. Now fold both of these into a careful pleat toward the right side of the bed and a little past the middle, where they will form a slight ridge. Over this put the rubber sheet or oilcloth, which should cover the bed and hang over the edge on the *left side*. Cover the rubber sheet with one or two old quilts or blankets, and these with an old sheet. The bed is now ready, only needing another

sheet to cover the patient during labor. Fold the bed-clothes to be used after delivery and place them near by.

We would here call attention to the reason for this particular mode of dressing the bed. After the confinement is over the rubber sheet can be folded up from the right side, leaving the clean sheet in place. The patient can then be gently moved over on to the clean sheet on the right side, the soiled clothes and rubber sheet removed, the pleated blanket and sheet drawn over to the left side and the top clothes put on—and there you are. A twisted cloth or sheet may be fastened to the footboard or post of the bed for the patient to pull on during the bearing down pains.

Symptoms of Labor.

Generally about two weeks before confinement the symptoms of labor begin. At this time the womb subsides or drops down, the pressure on the lungs and bowels is relieved to a marked extent, the patient breathes easier and feels better generally. She is inclined to take more exercise and walk out or ride. Care should be used at such times, for over-exertion may bring on premature labor. The second sign is an increased fullness and relaxation of the vulva and the appearance of mucus or “shows.” The third sign is a feeling of restlessness or nervousness and depression of spirits, less in those of sanguine temperament than in others. The next and more immediate symptom is the beginning of the pains, a great desire to make water and evacuate the bowels, and sometimes nausea and vomiting. The bowels and bladder should be emptied by all means, and for this purpose an injection into the bowels of warm water made soapy with pure castile soap may be used. The bladder may be emptied by getting on the hands and knees, and so passing the water.

This is about all that can be said of the preparatory work. The rest is for the physician or midwife. However, as it may not always be possible to procure such, we will give a few simple hints which may be followed by those in attendance.

The room should be quiet and warm with only those in attendance who can be of use. The proper course is for the head to be born first. If the contrary occur and the feet or buttocks appear first, do not disturb them or pull or push, nature must have time to move. As soon as the head is born see that the umbelical cord is not about the neck. If it is, draw it gently forward and loosen it or slip it over the head, otherwise it may strangle the child. See that the infant breathes. If the cry is not heard insert the finger into the mouth and lay the babe on the right side with its head clear of all discharges. The cord should never be tied until the infant is heard to cry. Apply the ligature in the following manner: About two inches from the belly tie a piece of linen or silk twine or thread around the cord with a double knot. An inch above this tie another. Cut the cord *between* these knots with the scissors. The child is now free from the mother and ready for the nurse. A warm blanket or piece of flannel should be ready to wrap about the child.

The mother should now be made comfortable. In about fifteen or twenty minutes after the child is born the afterbirth should be coaxed away. This may sometimes be done by pulling gently on the cord. If it adheres, the hand must be oiled and inserted into the womb and the afterbirth gently removed. The parts should now be gently washed with warm soft water and the temporary dressing removed as above directed; the chemise and nightdress drawn down and the bandage applied. This should be drawn tight and pinned about every inch of the distance across at the lap. A napkin should be placed under the hips to receive any dis-

charge, and changed every four hours until discharge ceases.

All this should be done without any exertion on the part of the mother, who should passively submit to the attendants.

The Child.

While the mother is being made comfortable by the physician and attendants the nurse will wash and dress the child. The soft warm water, soap, lard, towels, powder, etcetera, are supposed to be ready and at hand.

First rub the baby all over with lard. Do not spare it but put it on thick, rubbing it thoroughly but carefully. This is to remove the birth coat, which the learned call the *vernix caseosa*. After the lard is applied wash the babe gently with the soft sponge, using warm water and some fine pure soap. During this washing keep the body covered as much as possible in the flannel blanket. Be careful that no soap gets into the eyes; if it does it may cause irritation of a painful nature. After drying the body of the babe, fix the navel by placing about the cord a piece of oiled linen or muslin as described above. Lay the cord down on this and put on the band and other clothing.

As soon as the child is dressed take it to the mother and apply it to the breast. This is best both for the mother and the child. It prevents flooding and tends to prevent milk fever in the mother, and the child obtains then a secretion nature has provided and which it needs to put its stomach and bowels in a fit condition to receive the food which soon comes.

After Treatment.

For the first two or three days the mother should take only such food as gruel, toast water, tapioca, or barley water. Later she may take broths, or a little

solid food such as chicken, toast, eggs. The last, beaten whole in cream or milk are an excellent change. About the fourth day the clothing and sheets should be changed. This must be done without raising the patient in bed, by slipping the gown and chemise off and the clean ones on, and then changing the sheets, keeping the patient covered all the time. We would here urge the importance, even necessity, of absolute quiet in a horizontal position for at least a week after delivery. If there is no pain or headache purgatives need not be given. They do more harm than good.

If a laxative is needed a little of the Ypsilanti Specific is the best possible remedy. Avoid all purgatives such as castor oil, croton oil, calomel, etc.

A competent physician or nurse may with safety apply ether or chloroform to assuage the pains of childbirth. They should never be used by anyone not thoroughly competent to give them safely. Hence we give no directions for their use.

DISEASES OF THE ORGANS OF GENERATION.

Under this head, we purpose treating briefly both those diseases to which women alone are subject, and those from which men suffer alone, as well as those common to both.

Of all the ills human flesh is heir to, none give so much misery, cause such untold suffering, and curse future generations with such an awful hereditament as those diseases called venereal or sexual. Such is the wrath of outraged nature against those who break her laws and violate the commands of Nature's God, that she visits upon such offenders her most terrible punishments.

We recently were called upon to treat a family consisting of mother and nine children. The father, author of this awful crime, had paid to nature her full penalty. His family were all the victims of that most terrible

disease, syphilis. Thanks to Ypsilanti Specific, all are fully restored to health, and we do not believe future generations are in any danger in this case. Only those infirmities remain which no human skill can ever remove. In one a curved spine, in another a shrivelled arm, another blind from birth, all some affliction to remind them that their father had sinned. A youthful indiscretion doubtless, but no less severely punished for that reason.

Fortunately for the afflicted the virtues of this water extend even to the purifying of the blood of one suffering from syphilis in its secondary or tertiary form. Of course it follows from this that all minor forms of venereal diseases are easy to treat and easily cured by the remedy which will uproot the most virulent and refractory to treatment of this class.

In venereal diseases haste in treatment is a mistake which often leads to serious results.

The nostrums and mixtures of astringent oils and mercury advertised to cure in a day or two are either frauds of the worst kind, or if they apparently cure, leave in their train evils worse than those they were taken for. There are two venereal diseases, gonorrhoea or clap and syphilis.

To cure clap or gonorrhoea, from two weeks to a month is required; to cure syphilis, from six months to a year, and when we say cure we mean cure. We are calling a spade a spade all through this book. Such are our instructions.

Of course we may say, as all writers on these subjects do, that the best plan is to lead a pure life and not run into danger. Such advice is all right and good as far as it goes, but the facts show that it does not go very far. The terrible increase in these diseases is known to every physician from daily experience in his own practice, and shown by the army of quacks and so-called "specialists" who make fortunes treating sufferers from private diseases.

ANATOMY OF THE MALE ORGANS OF GENERATION.

We have not yet had occasion to explain the male anatomy but it now becomes necessary to do so.

The female organs have been briefly explained, and we would only add to what is said above that the female urethra is very short, and has its opening at the forward portion of the vulva.

The male organs are the penis and testicles. The penis consists mainly of a mass of cells and capillaries capable of being infused with blood and so distended. The penis contains the urethra, the tube leading from the bladder through which the urine is discharged. Connected with this passage and lying near the neck of the bladder, is a gland called the prostate gland and on each side of this gland are the receptacles of the semen. Immediately back of the penis is a sack called the scrotum, which contains the testicles. So much of an explanation is necessary to an understanding of the terms and language used in this portion of the chapter.

Bubo.

This is the result of a prior chancre and is a swelling of a lymphatic gland called the inguinal gland in the groin. In its advanced stages it becomes an open sore or chancre. Its treatment is same as in chancre, which see.

Chancre, or Shanker.

This is the first and unvarying sign of syphilis, and usually appears upon the genital organs. In the male on the penis, in the female on the vulva. It is a venereal sore or ulcer, first appearing as a mere pimple,

which forms a head or pustule which breaks and discloses the ulcer or sore.

The chancre is the result of intercourse with one having syphilis. It is passed from one to another by inoculation, as by the poison from such a sore coming in contact with the flesh of a healthy person. There are several forms of chancre, more or less vicious. The simple form is usually more or less round, with slightly inflamed walls or edges and a yellowish base, which is covered with a poisonous mucus or secretion. This form usually lasts some five weeks and then heals.

Another form is the indurated chancre, in which the flesh about it becomes hard. Another is the sloughing chancre, in which the flesh decays and falls away in masses, and still another is the eating chancre, in which the flesh is rapidly eaten away. The bubo is another form spoken of above.

There is a class of growths which sometimes occur, called flowers or vegetations, which, while not strictly chancres, are usually found with chancres and come from the same causes, syphilitic inoculation and neglect. They appear usually in the male on or about the glans penis, in the female about the vulva or vagina, and sometimes on the neck of the uterus.

The above symptoms are evidence of primary syphilis, and must *never* be neglected. If not treated at once and with energy, the disease will pass into the secondary or constitutional form, and is much more difficult to treat and cure.

TREATMENT. On the first appearance of the sore or chancre, apply locally a compress made of white flannel (wool, not cotton,) wet in Ypsilanti Specific. Wash the private parts thoroughly in the Specific once each day, and, using a proper syringe, inject the Specific twice or three times daily into the penis or vagina. Drink a tumblerful of Ypsilanti Specific before each meal and before retiring at night. After all symptoms of disease

disappear, continue to drink two glasses daily for at least three to four months to thoroughly drive out of the system all traces of the disease.

Use no other medicine, and during treatment abstain entirely from all alcoholic liquors, and let the food be plain as possible. Sauces and condiments tend to heat the blood, and are best if let alone while treating so serious a disease as syphilis.

If this disease is not treated and cured during its primary stage, it goes to the blood and its poison spreads to the whole system and becomes constitutional. This is commonly known as the secondary form of syphilis. This form affects the whole flesh, and its symptoms appear on the skin and mucous membranes.

There are a great variety of sores and eruptions in secondary syphilis.

The throat and mouth are especially liable to be affected; sores or ulcers form all over the mouth, throat and larynx, and even in the nasal cavities. These ulcers are often very severe, eating away the parts affected, leaving great holes and cavities. The mucous membranes of the genital organs are also often affected, especially in the female; also the lining of the cavity of the eye.

Various forms of scaly eruptions or ulcers appear on the skin and may have their location on any part of the body, but the arms, legs and face seem most liable to attack.

These ulcers, whether on the mucous membranes or skin, are not especially painful, but cause distress from their appearance and nature, and from the damage they do, as in eating away the flesh and ultimately the life of the one afflicted. In the throat they may cause such swelling as to prevent swallowing and cause death by starvation.

TREATMENT. The secondary form of syphilis is treated in the same manner as the primary, with Ypsi-

lanti Specific, the only cure ever discovered or known without the use of mercury.

The Specific must be drank freely and at least three glasses daily, and the ulcers or sores must be bathed daily in the Specific, the compress applied if possible, and worn day and night. We have just cured a terrible case of secondary in which the patient could not drink the water, but took the Ypsilanti Kidney Cure or Blood Purifier instead, using the compress day and night and bathing with the Specific daily. The Kidney Cure is made of certain medicinal herbs steeped in Ypsilanti Specific, and two tablespoonfuls equal a glass of the Specific. We recommend the Specific in all cases where its use is possible. The time required for treatment is from six months to a year.

The question has been raised whether secondary syphilis is infectious. That is, whether it can be communicated, but investigation seems to leave no doubt on this point. It is not only infectious but is communicated to children by either parent.

During treatment intercourse must be strictly avoided and all alcoholic drinks should be entirely shunned. Regular hours, plain diet, exercise, especially in the open air, and daily, or at least tri-weekly baths, are all recommended.

Tertiary Syphilis.

It is quite impossible to draw the line between the secondary form of syphilis above described and the tertiary form, but we might say generally that when the disease advances from its ravages upon the skin, mucous membranes and flesh, it is said to be tertiary. It then attacks the covering of the bones and even the bones themselves. In this form the bones decay and fall away by pieces. Generally the bones of the face are affected first. Tumors appear on the flesh near the affected bones and often the senses are lost; blind-

ness, deafness and other afflictions occur in many cases.

TREATMENT. If in any case the disease has been allowed to proceed as far as the tertiary form, pursue the treatment above indicated for secondary, but in this form it must be expected that at least a year will be required to eradicate the disease from the bones, and during this time the treatment must be constant, persistent and thorough.

It should not be necessary to add here that in any form of venereal disease intercourse should be entirely avoided. It is against nature, and nature, while a gentle mother, is a strict disciplinarian and does not fail to punish such an offence as that. Not only is the disease communicated to another, but it is greatly intensified in the original sufferer.

We will now proceed to the other and milder form of venereal disease and its various symptoms and results.

Gonorrhoea, Clap.

These maladies, while not strictly one and the same, because of a difference in their origin, may be treated as one. Their symptoms and results are the same.

Gonorrhoea may be communicated by either male or female and is always evidence of intercourse with one of the opposite sex afflicted with the disease. Clap is the same form of disease when contracted by a man in intercourse with a woman who is suffering from a severe form of leucorrhoea, sometimes called putrid leucorrhoea. This is why clap may sometimes be contracted from a woman who is a virtuous wife, or even a bride of unsullied demeanor.

In ordinary language either name is applied to the disease, no distinction being made.

The symptoms are an itching about the end of the penis in the male, or the vulva in the female. A discharge of first watery, then milky mucus. The time

required for the disease to develop is usually about eight days. If not checked during the first three days the inflammation becomes more pronounced, and in the male extends back toward the bladder, affecting the entire urethra. The discharges change to a thicker yellow mucus. Chordee or painful erections of the penis also occur and cause great suffering. The prostate gland is liable to be affected and become inflamed, and the neck of the bladder as well; this causes an almost constant desire to pass water. Another symptom is *Stricture*. This is a closing up of the urethra by inflammation, making necessary the use of the catheter or bougee. Another resulting symptom is gleet, which often follows badly treated gonorrhoea and is, in fact, a chronic form of inflammation of the mucous membrane lining the urethra.

Still another severe symptom is orchitis or swelling of the testicles. This is accompanied by great pain and chills and fever.

TREATMENT. With Ypsilanti Specific the treatment is very simple.

When the symptoms first appear procure a glass syringe of the proper kind and size at any drug store, or send to us and we will furnish one at cost—25 cents for male and \$2.00 for female syringe. Inject Ypsilanti Specific as often as the urine is passed, using the syringe every time after urinating. Drink the Specific twice or three times daily—a tumblerful at a time. A cure should follow in a week to ten days if taken during the first few days.

If there is much local inflammation apply the compress.

This treatment will not only cure, but will prevent all such evil symptoms as stricture, gleet and orchitis.

Avoid all alcoholic drinks and strictly avoid intercourse during treatment.

Falling of the Womb. — See Womb.

Injectiions. — There are few things that are more necessary to health and comfort, or more important to have in the house than a good syringe. If only one can be afforded we would recommend the "family syringe" consisting of two or three pieces of rubber tubing, one or two bulbs, and a set of tips, at least three.

If it can be had, a rubber bag for the liquid, to be hung up, and used by gravity pressure instead of the bulb, is much to be preferred for most purposes. In the treatment of diseases of the genital organs, injections are most useful and even necessary, and for cleanliness and health should be used frequently by every married woman.

Probably the best ordinary injection consists of one-fourth to one-half Ypsilanti Specific, balance pure water, the whole to be used tepid or luke warm. For injections in cases of inflammation of the bowels, inflammation of the bladder or of the genital organs of either sex, the proportion may be varied according to the case, up to all Ypsilanti Specific, which is used alone in severe cases of whites, catarrh of bladder, fistula, piles, etc., as described under various headings.

Another good injection is one-half extract of hamamelis and one-half water.

Another. Ten grains of sulphate of zinc to a quart of water.

In cases of chronic constipation injections of hot water are often more effectual than physic, and are highly recommended.

Itching of the Vulva, Prurigo. — This difficulty sometimes affects women about the time of the change of life. Sometimes, but not often, it occurs at other times. The only symptom is an intolerable itching about the vulva which

compels the sufferer to scratch and rub herself and causing great annoyance. The compress of Ypsilanti Specific and flannel, worn for a few days, will remove the symptom entirely unless it be caused by masturbation, in which case the habit must be broken before a cure can take place.

Leucorrhoea, or Whites. — There is no class of symptoms so common as that class known as whites, for the great majority of women are afflicted to a greater or less extent.

The whites is a general term which may be held to mean any discharge whatever from the vagina, not of a bloody nature. Sometimes the discharge is watery, sometimes white or milky, again yellow or greenish, sometimes thin and odorless, or nearly so. Sometimes there is a strong and offensive odor, and again they may be thick and ropy. All of these discharges are symptoms; some of one trouble, some of another. The cause or disease may be in the vagina or in the neck of the womb. They may even indicate an ulcerated condition of the neck of the uterus or womb, or ulcers in the vagina. In all cases of this nature an examination by a physician is best. He will usually discover the true cause of the trouble, which in such cases is half the battle. In any event a cure will follow a general renovation of the system.

TREATMENT. It is scarcely possible to detail within the limits of this work, all the forms of female diseases causing whites and prescribe for them. Fortunately for us we are dealing with a harmless remedy, and one which can be used with a certainty that only good will follow its use. We would recommend that Ypsilanti Specific be used at least once a day as an injection, using about a pint at a time, and that

the usual amount be taken internally three or four times daily.

Such a course of treatment persisted in for a reasonable time, ten days to two weeks, will cure most cases.

Womb, Falling of. Prolapsus Uteri. — It often occurs that the ligaments holding the womb in place become weak or relaxed. In such cases the womb sinks down into the vagina causing considerable distress.

When this first occurs a cure may be effected by simply injecting Ypsilanti Specific diluted with an equal portion of water. The injection in this case should be cool, not warm. In neglected or old cases a pessary must be applied to hold the womb in place, meanwhile restoring the system by drinking the Specific and using the compress over the lower part of the abdomen and vagina.

Womb, Inflammation of. — This is a serious ailment; generally caused by some other local inflammation, as of the vagina or of the ovaries, or by childbirth; sometimes by sexual excitement or desire, by medicines taken to force menstruation, by masturbation or constipation.

Symptoms are pain in the region of the loins, urinating or sitting at stool causes pain. The lower part of the abdomen is usually swollen and tender.

TREATMENT. Perfect rest. The patient must be quiet as possible in bed, Ypsilanti Specific must be given freely as cathartic and febrifuge, and the cold compress must be applied to the lower part of the abdomen. Simple light food, such as gruel, barley water, toast water, etc., must be the only nourishment taken for a few days. The patient must have fresh air and quiet so far as it is possible to secure it.

MARRIED LADIES' PERPETUAL CALENDAR.

If a lady dates the period of conception Jan. 1, quickening will occur May 20, and confinement about the 8th of October following; or, if she is ignorant of the time of conception, by consulting the middle column as to the time of quickening, if it occurs May 20, she may expect her confinement to occur about the 8th of October following, or 140 days after the period of quickening. The date in the first column is that of conception; the corresponding date in the second column is that of quickening; and the corresponding date of the third column, that of confinement.

January.			February.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
Jan.	May	Oct.	Feb.	June	Nov.
1	20	8	1	20	8
2	21	9	2	21	9
3	22	10	3	22	10
4	23	11	4	23	11
5	24	12	5	24	12
6	25	13	6	25	13
7	26	14	7	26	14
8	27	15	8	27	15
9	28	16	9	28	16
10	29	17	10	29	17
11	30	18	11	30	18
12	31	19		July	
	June		12	1	19
13	1	20	13	2	20
14	2	21	14	3	21
15	3	22	15	4	22
16	4	23	16	5	23
17	5	24	17	6	24
18	6	25	18	7	25
19	7	26	19	8	26
20	8	27	20	9	27
21	9	28	21	10	28
22	10	29	22	11	29
23	11	30	23	12	30
24	12	31			Dec.
		Nov.	24	13	1
25	13	1	25	14	2
26	14	2	26	15	3
27	15	3	27	16	4
28	16	4	28	17	5
29	17	5			
30	18	6			
31	19	7			

March.			April.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
March	July	Dec.	April	Aug.	Jan.
1	18	6	1	18	6
2	19	7	2	19	7
3	20	8	3	20	8
4	21	9	4	21	9
5	22	10	5	22	10
6	23	11	6	23	11
7	24	12	7	24	12
8	25	13	8	25	13
9	26	14	9	26	14
10	27	15	10	27	15
11	28	16	11	28	16
12	29	17	12	29	17
13	30	18	13	30	18
14	31	19	14	31	19
	Aug.			Sept.	
15	1	20	15	1	20
16	2	21	16	2	21
17	3	22	17	3	22
18	4	23	18	4	23
19	5	24	19	5	24
20	6	25	20	6	25
21	7	26	21	7	26
22	8	27	22	8	27
23	9	28	23	9	28
24	10	29	24	10	29
25	11	30	25	11	30
26	12	31	26	12	31
		Jan.			Feb.
27	13	1	27	13	1
28	14	2	28	14	2
29	15	3	29	15	3
30	16	4	30	16	4
31	17	5			

May.			June.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
May	Sept.	Feb.	June	Oct.	March
1	17	5	1	18	8
2	18	6	2	19	9
3	19	7	3	20	10
4	20	8	4	21	11
5	21	9	5	22	12
6	22	10	6	23	13
7	23	11	7	24	14
8	24	12	8	25	15
9	25	13	9	26	16
10	26	14	10	27	17
11	27	15	11	28	18
12	28	16	12	29	19
13	29	17	13	30	20
14	30	18	14	31	21
	Oct.			Nov.	
15	1	19	15	1	22
16	2	20	16	2	23
17	3	21	17	3	24
18	4	22	18	4	25
19	5	23	19	5	26
20	6	24	20	6	27
21	7	25	21	7	28
22	8	26	22	8	29
23	9	27	23	9	30
24	10	28	24	10	31
		March			April
25	11	1	25	11	1
26	12	2	26	12	2
27	13	3	27	13	3
28	14	4	28	14	4
29	15	5	29	15	5
30	16	6	30	16	6
31	17	7			

July.			August.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
July	Nov.	April	Aug.	Dec.	May
1	17	7	1	18	8
2	18	8	2	19	9
3	19	9	3	20	10
4	20	10	4	21	11
5	21	11	5	22	12
6	22	12	6	23	13
7	23	13	7	24	14
8	24	14	8	25	15
9	25	15	9	26	16
10	26	16	10	27	17
11	27	17	11	28	18
12	28	18	12	29	19
13	29	19	13	30	20
14	30	20	14	31	21
	Dec.			Jan.	
15	1	21	15	1	22
16	2	22	16	2	23
17	3	23	17	3	24
18	4	24	18	4	25
19	5	25	19	5	26
20	6	26	20	6	27
21	7	27	21	7	28
22	8	28	22	8	29
23	9	29	23	9	30
24	10	30	24	10	31
		May			June
25	11	1	25	11	1
26	12	2	26	12	2
27	13	3	27	13	3
28	14	4	28	14	4
29	15	5	29	15	5
30	16	6	30	16	6
31	17	7	31	17	7

September.			October.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
Sept.	Jan.	June	Oct.	Feb.	July
1	18	8	1	17	8
2	19	9	2	18	9
3	20	10	3	19	10
4	21	11	4	20	11
5	22	12	5	21	12
6	23	13	6	22	13
7	24	14	7	23	14
8	25	15	8	24	15
9	26	16	9	25	16
10	27	17	10	26	17
11	28	18	11	27	18
12	29	19	12	28	19
13	30	20		March	
14	31	21	13	1	20
	Feb.		14	2	21
15	1	22	15	3	22
16	2	23	16	4	23
17	3	24	17	5	24
18	4	25	18	6	25
19	5	26	19	7	26
20	6	27	20	8	27
21	7	28	21	9	28
22	8	29	22	10	29
23	9	30	23	11	30
		July	24	12	31
24	10	1			Aug.
25	11	2	25	13	1
26	12	3	26	14	2
27	13	4	27	15	3
28	14	5	28	16	4
29	15	6	29	17	5
30	16	7	30	18	6
			31	19	7

November.			December.		
<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>	<i>Conception.</i>	<i>Quickening.</i>	<i>Delivery.</i>
Nov.	March	Aug.	Dec.	April	Sept.
1	20	8	1	19	7
2	21	9	2	20	8
3	22	10	3	21	9
4	23	11	4	22	10
5	24	12	5	23	11
6	25	13	6	24	12
7	26	14	7	25	13
8	27	15	8	26	14
9	28	16	9	27	15
10	29	17	10	28	16
11	30	18	11	29	17
12	31	19	12	30	18
	April			May	
13	1	20	13	1	19
14	2	21	14	2	20
15	3	22	15	3	21
16	4	23	16	4	22
17	5	24	17	5	23
18	6	25	18	6	24
19	7	26	19	7	25
20	8	27	20	8	26
21	9	28	21	9	27
22	10	29	22	10	28
23	11	30	23	11	29
24	12	31	24	12	30
		Sept.			Oct.
25	13	1	25	13	1
26	14	2	26	14	2
27	15	3	27	15	3
28	16	4	28	16	4
29	17	5	29	17	5
30	18	6	30	18	6
			31	19	7

CHAPTER IV.

DISEASES OF CHILDREN.

Care of the Child. — There are certain rules of health which should always be observed in the care of infants and young children. It is highly important that at least such things as can be done under almost any circumstances of location or financial condition to make the chances of disease less, should not be neglected.

Vital statistics show an alarming percentage of mortality before the age of six years, and especially among the infants under one year of age.

That much of this mortality might be prevented by a due regard to the ordinary rules of health, cannot be denied, and it is furthermore true that neglect, which results in loss of life, is as much a crime as any act so resulting could be.

The percentage of births in a highly civilized state is much smaller than in countries less civilized, and the importance of protecting such life as does come into being, increases as the number of lives diminishes.

The important factors of pure air, wholesome food, cleanliness, and proper clothing, certainly need never be neglected under any conditions.

The infant requires pure air. To this end the ventilation of the living rooms should be considered, even in the coldest weather. Overheated apartments are more dangerous than cold air.

A temperature of sixty degrees with pure air is more healthful than a stagnant atmosphere and a heat of seventy to eighty degrees. A child, like a growing plant, needs sunshine; hence rooms where the child passes the day should not be shaded or darkened.

Who has not seen a baby creep into a streak of sunshine and play with the sunbeams and shadows. Nature teaches it that and plants in its infant mind a natural love of light and dislike of darkness.

Young children should have the open air as much as possible and when indoors should have all the fresh air that the circumstances will permit. When sleeping, its bed should not be closed in by curtains or draperies, nor should its face be covered with bedclothes. When carried out into the air, care should be taken not to so wrap its head in the cloak or blanket as to prevent free access of the air to its nostrils.

The Bath.—Next in importance to the air is the use of water, which should not be neglected. The baby should have its daily bath just as regularly as its daily food.

If the skin of an infant is not kept clean and sweet, it is very liable to skin diseases which may exert an evil influence on its future life, even if not fatal during infancy.

For the bath a basin of warm water, a soft towel of generous size, a sponge, the best and purest of soap, and a box of good powder are required. The sponge should be squeezed dry and hung up after using, to air; not put in a case, box, or pocket, as is often done.

As the child grows older the temperature of the water may be repuced to tepid, then to cool, and finally the system will become accustomed to the use of cold water, which is most healthful

beyond a doubt. Cold water should never be used on baby, however; the shock is too great for the tender body and organs.

The Food. — If the natural food, the gift of wise mother nature, cannot be given for any cause, there are now several substitutes on the market and a choice should be made among the best of these, or the milk of a cow should be obtained as fresh as possible. It is undoubtedly better to have the milk of a healthy and well fed cow, than the mixed product of many cattle, as it is usually delivered in our cities and towns. Sterilized milk is recommended by many and can be procured in most cities.

If the cow gives rich milk it should be slightly reduced with pure water and a little sugar added. If the milk be naturally thin it will probably be best if given as it comes from the cow.

If the bottle is used care should be taken to see that it is scalded out every day and carefully dried, that it may not become sour.

There can be no doubt that milk, under certain conditions of neglect, will produce a poison of a most virulent nature.

We would say here that when a baby is fed from the bottle, a teaspoonful of Ypsilanti Specific given two or three times a day will have a tendency to keep the stomach sweet, prevent colic and furnish the laxative necessary with any substitute for mother's milk. Do not be afraid to give it. Baby will not object, in fact they usually like it better than "grown-up folks" do.

The Clothing. — Another important matter is the clothing. However plain and simple it may be, the baby's clothing should be warm and plenty of it. It should be changed frequently and soft flannel is the best in winter for all

garments except, perhaps, the outer slips. In summer cotton or cambric is most comfortable.

The Sleep of Infants. — During the first months of its life, most of its time is devoted to growing and sleeping. Sleep should be encouraged by securing quiet and comfort, not by opiates. It is best during the first week or two, for an infant to sleep with its mother for the greater warmth and protection thus secured for it, but the young child should never be put to bed with an aged person or an invalid. It is almost certain to lead to evil results to the child. It should be taught from the first to retire early in the evening and this habit should never be broken during childhood.

If baby's sleep is broken, or it is fretful or peevish, be sure something is wrong. There is a tight band, or a pin point or a badly adjusted diaper, or something wrong with its food, or it is cold; search out the cause and remove it, and the restlessness will disappear. Spanking or shaking will not cure it.

If baby's bowels do not move at least twice a day, or if the excrement is hard or lumpy, it is constipated and needs a few spoonfuls out of the brown bottle. Ypsilanti Specific is the best laxative ever given to a child, do not forget that. Again during baby's early life—the first three months at least—it should not be allowed to sit up nor should it be placed on its feet. Its bones are then soft and weak and very liable to injury by any weight or strain. For the same reason it should not be tossed about or shaken, as is often done.

About the tenth month, when baby should begin to walk and "show his teeth," such care is no longer necessary. Then comes weaning time and the young gentleman, or lady—as the case may be—begins to acquire habits of independence.

Care of Sick Children. — A few words of general comment may not be out of place as to the care of infants in sickness and the proper qualifications of a successful nurse in such cases.

To be such a nurse it is required that one should have the patience of Job.

The child which in health may bring sunshine with it, even into the darkest places, may be the source of many squalls and showers when sickness displaces health. The little sufferer is uneasy and in pain; it cannot understand the cause or patiently await a change; it wants something and does not know what; it cries to be taken up and a moment later to be put down; it calls for nurse or mother, only to push away the loving hand or face; it is full of whims and notions.

To bear with all this patiently and with unruffled temper, requires a rarely sweet disposition, yet one to be successful with sick children must never be weary of well doing or suffer loss of patience.

Canker — Sore Mouth. — It sometimes occurs that young children are troubled with canker sores about the mouth and lips. These are frequently present while teething or with fevers or diseases of the stomach.

TREATMENT. Wash the canker once an hour or oftener with Ypsilanti Specific, using a camel hair brush. Give from a teaspoonful to a wine-glassful according to the age of the child, repeating every two or three hours until cured.

Chicken Pox. — This is a form of skin disease allied to small pox, but much milder in form. The symptoms are fever, great lassitude, and about the third day a reddish eruption of the skin which sometimes leaves small scabs that fall off about the eleventh day.

TREATMENT. Sponge the body at least twice daily with Ypsilanti Specific, and for this purpose

have the Specific cool but not cold. It should also be taken freely internally.

Cholera Infantum.—This is also called the summer complaint of children. It affects infants during the hot season and generally when cutting the first teeth.

The symptoms are diarrhoea, the discharges from the bowels being very thin and profuse, even watery after a time. Vomiting is usually very severe, the stomach rejecting everything received into it. The tongue is usually coated and the extremities cold, while the belly is apt to be hot and swollen. It is a very fatal disease and needs most careful attention.

On the appearance of the first symptoms bind a flannel band about the belly and over the stomach wet in Ypsilanti Specific, warm, and give the Specific in two teaspoonful doses as often as once every half hour. If vomiting is severe give double quantity, then when vomiting ceases let the stomach rest half an hour, then give one teaspoonful followed in fifteen minutes by two; continue this treatment until the child shows signs of hunger, then give it the breast if nursing, if not, then the bottle. Take great care about its food at this time, and if in the city take it to the country if possible.

See remarks under *Teething*, below.

Colic.—This is a very common trouble with young infants, resulting from over feeding or improper food, or, if nursing, colic often results from some improper food or drink taken by the mother. The suffering of an infant from this cause is often very severe, and they make it known in the only way they have, by crying vigorously and by drawing up the legs and straightening them out again.

TREATMENT. For sore stomach, pains or

costiveness give Ypsilanti Specific in teaspoon doses, often repeated until relieved.

Other remedies often given are paregoric, peppermint, or the Homeopathic globules of veratrum album or nux vomica, giving one globule only dissolved in a half spoonful of water.

Convulsions — Fits. — If these are frequent or become serious in their nature they usually indicate a disorder in the brain; single convulsions often indicate nothing more serious than a disordered stomach or a fever.

We know of nothing more effectual in the way of treatment than a hot bath, repeated every day, with the use of Ypsilanti Specific internally as in other cases.

Croup. — The symptoms of croup are difficult breathing, a sort of wheezing hoarseness, easily recognized by one who has heard it, and a loud harsh cough with fever.

There are two modes of treatment which we will recommend, remarking in the first place that the old method of giving nauseating emetics is now obsolete.

FIRST TREATMENT. Place about the throat and down onto the chest a flannel cloth, double thick, saturated with Ypsilant Specific *hot*. To heat the Specific place a gill into a china coffee cup or bowl and put this into a tin of hot water on the stove or alcohol lamp. Have the air of the room moist as possible, give Ypsilanti Specific internally, all that can be swallowed, giving a little at a time and frequently.

SECOND TREATMENT. Using the compress as above and observing the same rule regarding steam in the room. Give aconite and spongia, two globules of each every hour, giving first the aconite, then in thirty minutes the spongia, again in thirty minutes the aconite, thus alter-

natively until the cough ceases and the child sleeps. Leave the compress on until morning in either treatment. If no Ypsilanti Specific is at hand use onions fried in lard for the poultice, putting them on in a thin cotton bag or cloth, covering the throat and chest; or if onions can not be had use flaxseed.

The aconite and spongia should always be on hand wherever there is a croupy child. Some children are much more subject to this disease than others.

Crying. — This is the only language a very young babe has by which to tell of its sufferings or express its wants. Great attention should be given to the crying of a child, and an effort made to find out the cause, to discover what the little one is trying to say.

Be very sure a child does not cry from pleasure, its emotions are not so deep as that; it is pain or want of some sort. The nurse or mother can often tell what is the matter with the babe by watching the tone and intensity, also the duration of its cry. Usually a short, sharp cry followed by a gasp, as if the cry were cut in two in the middle and the last half lost, is an indication of pain in the chest or lungs. Shrill screams indicate pains in the head, and loud sustained crying with profuse tears and sobbing generally indicate colic or pain in the stomach or bowels. The nurse or mother can follow these hints as a guide and so read the child's cries.

Diarrhoea. — This complaint is very common among children. The causes are many, especially unripe fruit, green vegetables, or inflammation of the bowels, or teething.

It is probably well in treating diarrhoea in children to carefully regulate the diet, giving such farinacious foods as will strengthen without over

exerting the organs of digestion. Such are oat meal, bread and milk, toast and tea, rice and milk, etc.

Give Ypsilanti Specific in usual doses, it is a speedy and certain cure. If this is not at hand give blackberry cordial, or better yet make a decoction of the bark of the root of the common blackberry by steeping it in water, and give this in teaspoon doses until cured.

Diphtheria.—This disease has been in the past extremely fatal. At one time it was more dreaded than even cholera. Through improved methods of treatment it has, however, lost most of its terrors, and is now under medical control. Whenever a membranous formation of any kind is seen in the throat, the physician should be summoned at once.

In all cities having boards of health and sanitary ordinances, means are provided for examining the excretion of diphtheria and determining whether it be diphtheria or only some form of sore throat. If the difficulty be cankered sore throat it is simple and easy to treat and cure. If it be the true diphtheria, care should be taken to isolate the patient, except from the necessary attendants, and all proper sanitary rules should be strictly observed. Good ventilation, pure air, a cool and even temperature, a gentle nurse, and careful diet will go a great ways in securing successful treatment.

Especially must care be taken at the time when recovery seems complete, to avoid a relapse, which may be caused by any over-exertion or exposure.

When the throat is first seen to be affected, use Ypsilanti Specific as a gargle, or if a gargle cannot be used use, as a spray. Give it freely internally. It will cure any ordinary sore throat

and we have had many persons claim that diphtheria has been cured by it. We have no authentic evidence of this up to this time. It can do no harm and will make the treatment so much easier if the case proves to be true diphtheria.

Dysentery. — If there are symptoms of diarrhoea, and in addition an inclination to strain when passing the excrement, and especially if the excrement be bloody or largely composed of mucus, this disease may be suspected. Treat same as diarrhoea with Ypsilanti Specific.

If this is not at hand, a globule of ipecac, followed in half an hour by a globule of aconite, may be tried.

Emaciation. — If from teething or diarrhoea or other causes, the infant is wasted away, loses its flesh, and becomes very weak, some remedial measures are necessary. If the infant nurses let the mother use some mild tonic as an extract of malt, or the homeopathic ferrum (iron).

Give the child yolks of hard boiled eggs, and if it will not eat these, fill its bottle with the following preparation: Take equal parts of fresh milk and water, add the yolk of a hard boiled egg dried in the oven, and then triturated or rolled into a flour, sweeten and flavor with salt. This makes an excellent gruel and is very nourishing.

Excoriation. — The skin of a babe is very tender and is liable to become chafed and raw, or sore. Bathe the sore parts with Ypsilanti Specific, using the sponge and sopping rather than rubbing the affected parts; follow this bath with the application of the rice powder.

Gastric Fever. — If there is a fever in the evening, disappearing in the morning, accompanied with

symptoms of inflammation of the bowels, tenderness in the belly, and either constipation or diarrhoea, with dark colored, offensive evacuations, a tendency to cold feet and hands, with unusual heat about the body, we may suspect gastric fever. This usually follows teething and requires care at once.

Open and regulate the bowels with Ypsilanti Specific in usual doses, and apply the woolen compress over the abdomen. This is usually all the treatment required, except perhaps, to carefully regulate the diet, giving only light, wholesome gruels and foods, and the daily warm bath.

Hooping Cough. — This is one of those peculiar diseases of childhood which each individual has but once, and from which few if any escape. It is contagious and is marked by a peculiar cough which occurs in paroxysms, with hissing and hooping, these spells often continuing until it seems as if the child would never get the breath again.

It is not usually considered dangerous, and is never so if the Ypsilanti Specific is used. If the child will drink a wineglassful of the Specific four or five times daily, the attack will be very light and will last only about two weeks. It has been used in many cases and always with the best results.

Jaundice. — It sometimes occurs that infants show the symptoms of jaundice, usually in a modified form. This is marked by a yellow skin and vomiting of bile. A little Ypsilanti Specific will generally remove the cause at once, and acts more quickly in jaundice if a teaspoonful of sweet oil is given and then the Specific immediately after the oil.

Measles. — This is one of the eruptive fevers which probably comes the nearest of any to being a

true inflammation of the skin. It affects the whole body, usually appearing first about the face and neck, then over the entire surface of the body. The practice of keeping children away from such a disease as this, is certainly wrong, for if it is delayed until after puberty it is much more dangerous, often fatal. In childhood it is seldom dangerous unless complicated with some other disease, such as diphtheria.

The measles, if mild in form, require but little medical treatment. Warm, dry clothing, care not to get the feet damp or expose the body to wet or cold. Careful diet, taking only wholesome food, and avoiding confections and sauces.

Take a usual dose of Ypsilanti Specific three to four times daily, and sponge the body once a day with the Specific diluted with an equal amount of warm water.

Mumps.—As this disease most frequently occurs among children, we place it here. It consists of an acute inflammation of the parotid gland, sometimes on one side of the face, sometimes on both.

TREATMENT. In mild cases a compress of Ypsilanti Specific worn over the affected gland and a glass daily to open the bowels, is all the treatment necessary. This disease is contagious, and like measles, is mildest when it occurs before puberty. If the disease goes down from taking cold or any other cause, more careful treatment is necessary. If in a female, cover the breasts with a compress and give the Specific very freely. If in a male, bind the testicles in the woolen compress and give the Specific in large doses as frequently as possible. Also induce perspiration by the vapor bath, after which bathe the body with the Ypsilanti Specific hot.

Prickly Heat. — In very hot weather the skin is sometimes covered with an itching eruption called prickly heat. When this occurs bathe the affected parts with Ypsilanti Specific in the evening. A single application will suffice.

Scalp, Care of. — If at any time an eruption occurs on the head, or a crust forms of a persistent nature, or there is much dandruff or sores of any kind, do not use ointments but bathe the head frequently with Ypsilanti Specific; its action in such cases is really wonderful and always effectual.

Sore Eyes. — If the baby's eyes are sore or inflamed at any time, bathe them carefully with Ypsilanti Specific. It will not hurt or injure the eyes in any way, but will quickly remove any inflammation; even a sty.

Teething. — During teething, babies are very apt to be peevish and restless and to cause much loss of sleep to others as well; then there are several diseases of the mouth, all more or less alike, and resulting from dentition. Almost all of the evils of this period may be entirely obviated, or at least greatly mitigated, if there is a bottle of Ypsilanti Specific at hand.

While baby is teething rub the gums three or four times every day with the Specific, using the finger or a soft brush. This will tend to allay any inflammation and ease any pain. At night have a little of the Specific handy in a cup, and if baby awakes and cries rub the gums with it. Nine times out of ten the little one will drop to sleep again at once.

For sore mouth wash the mouth frequently with the Specific and let the baby swallow all he wants to while doing it; it can do no possible harm.

CHAPTER V.

OF THE SICK ROOM AND CARE OF THE SICK.

WITH SOME RECIPES.

Every person, no matter what their age, sex or condition in life, who is old enough to wait on the sick, should have some knowledge of the ordinary rules of health and of the rudiments at least of hygiene. If the reader will now turn back to the introduction of this book and read what is there written, some idea of the ordinary functions of the organs of assimilation and purification will be obtained. It must be borne in mind that food is what we eat and drink, that food, air and light are essential to life. We may indeed survive without light, but like the plant that grows in a dark place, we will be pale, weak and without happiness. Such life is not worth living.

We will briefly explain alimentation, the organs of digestion, the organs of assimilation, the organs of secretion, and the organs of respiration.

Alimentation is the process of feeding by which the body is nourished.

The human body is composed of certain chemical elements, and the food must contain these elements in order to nourish the body. Theoretically, the perfect food would be one having exactly the elements of the human system in like proportion, but practically this hardly holds good.

It is undoubtedly best for the infant to have its food in the most simple form, such as milk, and for the adult to have a reasonable variety of food.

Fruits are good for almost every one. Lemons are especially wholesome and should be used freely, they save much sickness. Food to be most nourishing should be carefully prepared. There is no way in which we are so apt to abuse our own digestive organs as in partaking of badly cooked or over-cooked food.

Meats require great skill or at least care in their preparation. Pork should always be well and thoroughly cooked. Beef may be quite rare. Mutton and lamb should be done "to a turn" not rare nor yet over done. Fowls should always be thoroughly cooked through. Some game, such as venison may be rare, other such as bear meat, which greatly resembles pork, should be thoroughly cooked.

Vegetables, if cooked at all, should be cooked through, not served half done. Fruits are always best fresh and ripe, but not over ripe. Over-ripe or decaying fruit is as dangerous as green fruit, often causing fermentation in the stomach and so leading to disease.

Drinking water is an important item. In most of our cities large sums are spent to secure pure water in abundance, yet in some the supply is notoriously bad.

In most parts of the United States there are springs, the waters of which can be furnished to families at a reasonable charge. When such can be had, pure spring water is always wholesome, and should be always on the table and in the cooler.

A word about ice water. There are two reasons why ice water, meaning water in which ice is placed, should be used with great caution, first, because it is too cold for the stomach, second, because even if the water be pure the ice often is not, and the danger of impurities is doubled. It has been established that freezing will not destroy the germs of most contagious diseases, and such may exist in the ice which is often taken from

surface ponds and streams. The best plan, if a proper cooler is not at hand, is to put a corked bottle of water on the ice or in the refrigerator and use that. The half gallon bottles in which most still waters are sold are excellent for that purpose.

In sickness especially should care be taken that both food and drink are of the best and purest. So much for alimentation generally.

As to digestion. Our food and drink is first taken into the mouth, where the food is cut and divided by the teeth and moistened by saliva and then by swallowing it passes through the *æ*sophagus into the stomach. Here it comes into contact with the gastric juice, an acid, and is converted into a sort of milky substance called chyme. In this form the now mixed food and drink passes into the small intestine, where it is mixed with the bile and pancreatine and is there digested and converted into chyle.

The walls of the small intestines are covered with minute projections quite like short, soft hairs. These projections are called villi, and have in them two sets of vessels; one set is made up of capillaries or minute blood vessels, the other set is of vessels called lacteals. These villi search about among the digested food and pick out the elements the body requires for its nourishment, and the refuse, which the body does not require, is forced along into the colon or large intestine and finally passes out of the body.

In simple language as possible the above describes the process called digestion. Next we come to assimilation.

We saw above that the useful parts of the food were gathered up by the villi and went into the lacteals and capillaries. Certain elements of the food go directly into the blood in these villi, and from these are taken by the portal vein into the liver and thence to the heart to be forced out into the body.

The chyle or lymph next demands attention. We

have traced the food from its entrance into the body at the mouth through the process of grinding and digestion and to the villi in the form of chyle. The villi, as we saw above, contain not only the blood capillaries, but another set of minute tubes, each with its little mouth almost like a pore in the skin, and these tubes unite to form the lacteals. They are called "lacteals" because the fluid they take up resembles milk, it is called lymph, and after leaving the villi it is gathered by various branches of the lymphatic ducts which unite to form a common trunk, which carries the lymph (as the milky substance is now called) into a reservoir called the *receptaculum chyli*. From this reservoir through a tube about the size of a goose quill, called the thoracic duct, the lymph is carried up above the heart and enters the blood at the junction of the subclavian and jugular veins. At this point are valves that keep the blood out of the thoracic duct.

The lymph is now in the blood and is at once in the heart and forced out to the lungs. Here is another wise and wonderful provision of nature. It has always been a striking proof of the wisdom which must have guided creation that the nourishment from the food, instead of going direct to the body in its raw or crude form, should pass through the purifying process, with all the venous blood, in the lungs.

After passing through the lungs the now thoroughly prepared food is carried back to the heart and forced out through the arteries to the body.

We now have our food for the feed troughs, and referring again to the homely simile used in the introduction to this book, we will now see how the "cattle" feed. As we have stated, the human body is composed of minute atoms or cells. Each individual cell requires feeding or nourishing. Each has a hungry little mouth waiting for what the blood will bring it to eat.

We have traced the food into chyme, the chyme into chyle, the chyle into lymph, and the lymph *into* the

blood. Here it loses its individuality, for after it enters the blood we have no name for it, we call it *all* blood. It exists just the same, and the cells or atoms know it when the blood brings it along. They pick it out of the blood and live on it. That is *assimilation*.

We come next to the organs of secretion. There are certain parts of both food and drink that the body does not need or can not use, and there is all the waste matter from the body itself, as much in weight as that which is taken into it, which must get out of the body. The mature body, in a state of health, neither gains nor loses in weight; hence it follows that all that is taken into the body must pass out again. There are several organs of secretion, so called because they secrete or take away undesirable elements.

These organs are the kidneys the skin, the lungs, and the lower bowel.

The liver and spleen are organs of secretion, but their secretions are of useful elements which are not discharged from the body but go into the organs of digestion. To make our language simple and clearly understood we have chosen the above classification.

The kidneys secrete uric acid, water, lime and other things and they pass from the kidneys into a receptacle called the bladder, from which they are discharged from time to time.

The lower bowel carries away the indigestible solid parts of the food.

The skin discharges water and various salts. The lungs take away the surplus carbon and much water, and this brings us to the organs of respiration; these are the nose and nasal passages, the trachea or wind-pipe, the bronchial tubes and the lungs. The lungs consist of a mass of air cells, giving them a texture somewhat like a fine sponge. The walls of these cells contain a vast number of capillaries through which blood flows, separated from the air only by the thin and porous walls of the air cells. By the involuntary pro-

cess called breathing these cells are kept full of fresh air, and through the pores in the walls of the cells this air comes into contact with the blood. Now this blood contains much carbon, both that taken from the food in the form of fat and forming part of the lymph, and that gathered up all over the body. The air contains oxygen gas which possesses a great affinity or liking for carbon, as we can see at any time by watching the fire. Fire is the union of carbon and oxygen, hence when the carbon in the blood and the oxygen in the air unite heat is the result. The lungs discharge the colorless "smoke," carbonic acid gas, or carbon di-oxide, and the blood flows back to the heart purified and heated.

Is nature not wonderful?

We can see clearly after we understand all these things about the body how necessary it is to health that the food and drink be wholesome, the air abundant and pure, and the organs of secretion open and active.

We also can see that if these things are all properly attended to there can be small chance of disease, as disease means the stopping or interruption of some of the proper functions of the body. We can also see how necessary it is in sickness that the air be pure, the food and drink wholesome, and the organs of secretion open and active, thus aiding nature to throw off disease.

To ventilate the sick room, if there are no ventilators, as there are not in most houses, choose a window as far from the bed as possible, and if possible place a screen between the bed and window to avoid direct draft, draw the top window down and raise the lower window. The distance to open the window should be regulated according to temperature, less open space being required in cold than in warm weather. An opening of an inch with the mercury outside at zero will cause more circulation of air in the room than an opening of a foot at an outside temperature of 60°. We have already remarked that as a rule sick rooms are kept too warm. A tem-

perature of 65° is plenty warm enough at any time, unless some unusual cause calls for heat.

The light should not be too strong, nor should it strike directly upon the eyes of the patient.

A sick room should be free from apparent restraint as well as noise and confusion. Whispering is often more annoying to an invalid than the loudest talking. A low, even tone in talking, gentleness and carefulness in handling or giving medicine or food will greatly aid in quieting the nerves of an invalid.

It should not be necessary to say that flies, mosquitoes and all vermin should be not only absent but impossible in a sick chamber.

Much also depends on the drink and food in all cases of illness, and much has been done for the invalid by the great catering firms who prepare wholesome and delicate things in great variety and abundance. The prepared foods, the preparations of malt, the preparations of dessicated milk, gelatine, the extracts of beef, and other like preparations, have made cooking for the sick room little of a burden and much of a pleasure. Nevertheless we think it well to close this chapter with a few hints about the preparation of old fashioned dishes which may be found useful by some of our readers.

We would first say that lemons are a prime necessity in every sick room. Their value can scarcely be overestimated. These and pure water should be secured by all means. We would add that in all cases of great weakness or emaciation food should be given in small quantities and often, and should always be fresh and as appetizing as possible.

Apples Baked. — Select medium sized apples, sour are better than sweet and hard apples better than soft. Place in a baking pan in a little water and on top of each put a desertspoonful of granulated sugar, or remove the core with a tubular

corer and fill with sugar; bake until soft, place apples on a plate or platter and pour the juice over them.

Apple Water. — Slice a roasted or baked apple; put the thin slices into a pint of boiling water with a bit of lemon and let stand about two hours; strain and sweeten to taste, or, slice a large apple, boil a minute or two in a pint of water, adding lemon peel; set aside to cool, then strain and sweeten as before.

Barley Water. — Take of pearl barley one-half teacupful, one quart boiling water, boil down to one pint. Strain and add lemon and sugar to taste.

Barley Coffee. — Roast some barley, or procure some browned malt. Make a coffee with this in the same manner as ordinary coffee is made and sweeten, adding milk if desired.

Crust Coffee. — Toast white bread quite brown, pour boiling water over the toast, and drink either hot or cold as desired.

Irish Moss. — Take of Irish moss half an ounce, fresh milk one and one-half pints; boil down to a pint, strain and add lemon and sugar to taste.

Lemon Water. — Slice half a lemon after peeling, add one teaspoonful of sugar; on this pour a pint of boiling water, drop in a small bit of lemon peel and cover tightly. Let it stand an hour; strain and cool for use.

Lemonade. — Juice of one lemon, with piece of peel, heaping tablespoonful of sugar, quart of cold water.

Another. — Prepare as above and add shaved ice, a cherry or strawberry, and a tablespoonful of claret to each glass.

Another. — Juice of two lemons, three tablespoonfuls of white sugar, or eight lumps of loaf sugar, piece of lemon peel, quart of boiling water; let

stand until cold. This is probably the best way to prepare lemonade for the sick.

Milk for Infants. — Fresh milk one part, pure water one part, sugar to slightly sweeten.

Milk Porridge. — Stir oat meal into water as much as needed; let stand over night, then strain and boil the water; add milk to the boiling water in proportion of three parts milk to one part water. Very nourishing, and may be flavored with nutmeg or sweetened to taste.

Another. — To one tablespoonful clean rice add a pint or more of fresh milk, boil ten minutes, strain, flavor with lemon peel or mustard, and sweeten.

Beef Extract. — Cut a pound of lean beef into dice or cubes not over half an inch in size; put into a fruit jar, cover; not using the rubber band; set the jar into cold water and put on the fire. Let the water heat to boiling point and let it boil three or four hours; open the jar and strain out the liquor. If there is any fat skim it off. Salt and flavor to taste, and reduce with hot water to strength desired.

Chicken Broth. — An excellent chicken broth may be made as above, using the lean flesh of a fowl instead of beef.

Lamb Broth. — Take lean meat of the lamb; put a pound of this cut into pieces an inch or so cube, into a quart of cold water; put on fire and let boil twenty minutes. Skim the broth and flavor to taste, when cold.

Beef Tea. — Make as above, using lean beef instead of lamb.

Sage Tea. — Dried sage half an ounce, boiling water one quart; steep half an hour, then strain. Sweeten to taste and add lemon juice if desired.

The above is used in fevers.

Mountain Sage Tea. — Make as above, using leaves of the mountain sage.

Excellent in typhoid and low fevers.

Balm Tea. — Make as above, using leaves of balm instead of sage.

Excellent in painful menstruation.

Arrow Root Gruel. — Take a tablespoonful of arrow root, stir into half a pint of milk, and this into an equal quantity of boiling water. Sweeten to taste.

Excellent for children in bowel complaints.

Wine Whey. — Half a pint of milk and one-fourth pint of water; put these on fire and when they come to a boil stir in one-fourth pint of claret or Maderia. Stir briskly for fifteen minutes, adding a desertspoonful of sugar. Strain to remove the curd.

An excellent drink in fevers, a wineglassful at a time.

To Preserve Milk. — To keep milk fresh for a long time, especially for babies on a journey, fill a clean bottle with the milk, put into cold water and raise to boiling point; then cork tightly and boil again for ten or fifteen minutes.

Milk thus prepared will keep a long time.

Eggs and Milk. — Beat an egg, yolk and white together, put into a glass and fill with fresh milk, stirring well; a little salt or sugar may be added if desired. Very nourishing when strength is wanted after convalescence.

Poached Eggs. — Drop eggs into boiling water to which a little salt has been added. When white is done, lift out and place on squares of toast. If desired, a small lump of butter may be put on each egg.

Broiled Steak. — Have frying pan hot, "sizzling hot," butter with lump as large as a walnut. Have steak ready and soon as butter is melted put steak on, leave a moment and turn, another moment turn again. As soon as steak is heated

through put on hot platter, pour gravy from frying pan over steak, add another lump of butter and salt and pepper to taste. Serve at once.

To Broil Chicken or Game. — Have clean coals or glowing charcoal and broiler. Melt butter. As soon as bird is broiled drench with melted butter. Salt and pepper to taste. Serve hot.

Service. — One half the virtue of any food or preparation for the sick is in the way it is served. A clean server, white napkins, bright silver, clear glass, delicate china, cost a trifle but give an immense amount of satisfaction.

A little pains in this direction will endear the attendant to any invalid. Dirt is never so disgusting as when illness sharpens the senses and sets the nerves on edge.

Let the sick room be clean and the service immaculate.



Analysis of Ypsilanti Specific by Professor Prescott of Michigan State University, May 5, 1883.

Water of Ypsilanti Mineral Spring, Ypsilanti, Michigan; drawn March 31st, 1883. Temperature, 58.1° F. (14.5° C). Specific Gravity at 15° C., 1.0163. Reaction—Alkaline.

Grains (Per U. S. Gallon).

1.	Sulphide of Sodium	12.1935
2.	Bromide of Magnesium	3.5640
3.	Chloride of Magnesium	57.9059
4.	Chloride of Sodium	832.0447
5.	Fluorides	slight trace
6.	Sulphate of Potassium	13.6131
7.	Sulphate of Magnesium	68.0663
8.	Sulphate of Calcium	179.9637
9.	Phosphates	slight trace
10.	Bicarbonate of Calcium	36.9370
11.	Borates	traces
12.	Silica	1.4023
13.	Lithium Salts	traces
14.	Strontium Salts	traces
15.	Barium Salts	slight trace
16.	Iron (ferrous) Salts	slight trace
	Total solids determined	1205.6905
	Cubic Inches of	
17.	Hydro sulphuric Acid, total in volume at 58.1° F., (14.5° C.)	21.0786
	Total solids by evaporation	1202.4071

PRICE LIST YPSILANTI SPECIFIC.

	Price.	Rebate.
Per Case 6 Quarts	\$2.00	.20
" " 12 "	3.85	.35
" " 6 Half Gallons	3.50	.40
" " 12 " "	6.75	.75

YPSILANTI KIDNEY CURE.

Per Quart Bottle	\$1.00	No Rebate.
" Case 3 Quarts	3.00	" "
" " 6 "	5.00	" "
" " 12 "	9.00	" "





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